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**Jessica Suhr vaults to gold 15** | **Learn how U.S. divers trained in Md. 21**

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**Tuesday**

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FBI/GETTY IMAGES

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## VIEW FROM ANOTHER WORLD

**NASA's rover Curiosity makes a picture-perfect landing on Mars before it digs into the Red Planet's past for evidence of life 9**



FOR EXTENDED FORECAST, SEE PAGE 33



NASA/JPL/CALTECH/AP

This is the rim of the Gale Crater, where the rover landed early Monday. This picture was taken looking directly into sunlight, with the rover's wheel shown in the lower right corner.



# eo

eye openers

TECHNOLOGY

## We Can Land a Rover on Mars But Keep Burning Popcorn

Officials have been trying to find the person who has the key to shut off a fire alarm that has been blaring for more than 12 hours at a Pittsburgh-area public housing complex. Residents of the Wood Street building in Wilkinsburg say the high-pitched screeching alarm went off at about 6:30 p.m. Sunday when one resident burned some popcorn. (AP)

## “I get some really strange looks turning up in a van with ‘Magic Mike’ written across it.”

— MICHAEL DEFREITAS, OWNER OF A CHILDREN’S ENTERTAINMENT BUSINESS IN SCARBOROUGH, ENGLAND, TO THE TELEGRAPH ON HOW THE U.S. FILM “MAGIC MIKE” HAS AFFECTED HIM. HE SAID AUDIENCES NOW EXPECT HIM TO BARE IT ALL.

MARKETING

## Scam TV Channel Launches, Swiftly Acquires the Rights

Police have charged two out-of-state men with robbing two other men in western Pennsylvania by claiming they were recording a reality TV show called “You Just Got Robbed.” Police in Indiana, Pa., say the suspects, identified as 21-year-old Randall Smith of Temple Hills, Md., and 18-year-old Artie Goodwine of Memphis, Tenn., put the victims into headlocks and used a cellphone to record taking \$20 from one of the victims. (AP)

## The Big Picture



JOHNNY CRAWFORD/AP

**PEPTO-BISMOL, TUMS CRY UNCLE:** Jay Becker, from Temple, Ga., eats fire Saturday during the second annual Rockabilly Luau in Tucker, Ga. Event-goers enjoyed music from Daikaiju, the Psycho DeVilles, the Rebel Surfers and El Capitan & Thee Scallywags.

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# Sikh Temple Gunman Identified

White supremacist, Army veteran killed 6 in Wis., police say

## Oak Creek, Wis.

Before he strode into a Sikh temple with a 9mm handgun and multiple magazines of ammunition, Wade Michael Page played in white supremacist heavy metal bands with names such as Definite Hate and End Apathy.

A day after the 40-year-old Army veteran killed six worshippers at the suburban Milwaukee temple, fragments of Page's life emerged in public records and interviews. But his motive was still largely a mystery. He left no hate-filled manifesto, no angry blog or ranting Facebook entries.

Page, who was shot to death by police, was described Monday by the Southern Poverty Law Center as a "frustrated neo-Nazi" who had long been active in the obscure underworld of white supremacist music.

Mark Potok, a senior fellow at the nonprofit civil rights organization in Montgomery, Ala., said Page played in groups whose sometimes sinister-sounding names seemed to "reflect what he went out and actually did." The music often talked about genocide against Jews and other minorities.



People console one another Monday at the command center near the Sikh Temple of Wisconsin, where a gunman fatally shot six people Sunday in Oak Creek, Wis.

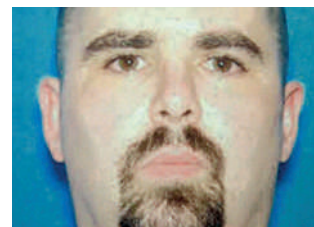
**Wade Michael Page was described as a "frustrated neo-Nazi" who had long been active in the obscure underworld of white supremacist music.**

In a 2010 interview, Page told a white supremacist website that he became active in white-power music in 2000, when he left his native Colorado and started the

band End Apathy in 2005.

He told the website his inspiration was "based on frustration that we have the potential to accomplish so much more as individuals and a society in whole," according to the law center.

On July 15, the bald, heavily tattooed bassist moved to a duplex in Cudahy, a small city outside Milwaukee. Peter Hoyt, who lives about a block from Page's last apartment, said he spoke with Page about a dozen times. Hoyt remembered Page having a "9/11" tattoo on his arm but could not describe it.



## Backstory

**Wade Michael Page joined the military** in Milwaukee in 1992 and eventually became one of the Army's psychological operations specialists at Fort Bragg, N.C. He was demoted in June 1998 for getting drunk while on duty and going AWOL, two defense officials said. Suburban Milwaukee police had no contact with Page before Sunday, though online records show Page had a brief criminal history in other states, including pleading guilty to misdemeanor criminal mischief after a 1994 arrest in El Paso. (AP)

"I never heard the guy ... say anything negative," Hoyt said.

The FBI said it had no reason to believe anyone other than Page was involved. Federal officials said the gun used in the attack had been legally purchased.

The six dead ranged in age from 39 to 84 years old. Three people were critically wounded, including the police officer. SCOTT BAUER (AP)

## In Brief

### ISMAY, MONT.

#### **Derailment Causes Rail Cars to Burn, Explode**

Sixteen rail cars caught fire and six exploded after a freight train derailed in an unpopulated area of eastern Montana, sending at least one fiery mushroom cloud into the sky, railroad officials said Monday. No one was hurt in the crash that sent flames 70 feet into the air as rail cars burned through the night, said Burlington Northern Santa Fe spokesman Gus Melonas. (AP)

### JOPLIN, MO.

#### **Mosque Destroyed in Fire**

The Islamic Society of Joplin in southwest Missouri burned to the ground early Monday in the second fire to hit the mosque in little more than a month, the Jasper County Sheriff's Office said. The sheriff's department said the building was a total loss. No injuries were reported and no charges have been filed. (AP)

## \$400M

The amount of a cash infusion a group of Wall Street companies is offering Knight Capital Group, the trading firm responsible for last week's stock market mayhem, to avoid collapse. (AP)

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# Nation

## Best Buy Founder Wants It Back

### New York

Best Buy's co-founder is looking to make a buy of his own, offering to take the electronics seller private only months after leaving as the company's chairman.

Best Buy said it would consider the offer but called it "highly conditional." And analysts are skeptical that former Chairman Richard Schulze's opening offer of \$24 to \$26 per share would get a deal done.

It's the latest twist in the Minneapolis company's struggles to stay relevant as more people buy electronics online. Over the past year, it has announced a major restructuring plan and fired CEO Brian

### Backstory



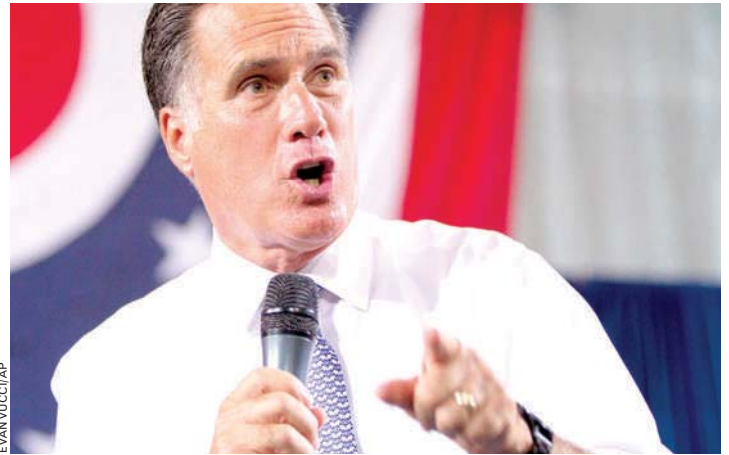
**Richard Schulze, 71, opened his first store, called the Sound of Music, in St. Paul, Minn., in 1966. He expanded**

the chain to nine stores in Minnesota by 1983 and renamed it Best Buy. Putting all the inventory on store floors, the company revolutionized the electronics business. Schulze was CEO for more than 30 years, steering it through decades of steady growth before relinquishing that title in 2002. He remained active on the board and is still the company's largest shareholder. (AP)

Dunn amid allegations that he had an inappropriate relationship with a female employee. Schulze resigned as chairman in May, after Dunn's departure.

The offer values the company at as much as \$8.84 billion. Schulze already has 20.1 percent of the stock in the company, so paying for the rest of shares would mean coming up with about \$6.9 billion.

"Immediate and substantial changes are needed for the company to return to its market-leading ways," Schulze said in a statement. "It is my strong belief that Best Buy's best chance for renewed success is to implement with urgency the necessary changes as a private company." BREE FOWLER (AP)



Mitt Romney's level of fundraising the past three months has prompted President Obama, known for his prodigious fundraising, to redouble his efforts.

## Romney, RNC Pull In \$101M for July

Obama trails behind GOP challenger for third straight month

### Washington

For the third straight month, President Obama and the Democratic Party significantly trailed Republican presidential candidate Mitt Romney and the Republican Party in fundraising.

Romney's campaign on Monday reported a July haul of more than \$101 million with the Republican National Committee, compared to the \$75 million that Obama's campaign said it had brought in with the Democratic National Committee.

Romney also raised more cash than Obama in May and June. GOP-aligned super PACs also are raising and spending tens of millions of dollars to defeat Obama on Nov. 6.

Romney's level of fundraising has prompted Obama, known for his prodigious fundraising, to redouble his efforts.

The July fundraising reports came as Obama was set to raise at least \$2.5 million at a pair of events in Connecticut with a Hollywood touch. One fundrais-

### Convention Lineup

A trio of female firsts and three former GOP presidential contenders are among the first speakers disclosed for the Republican National Convention at the end of the month in Tampa, Fla. The Tampa Bay Times reported that Florida Gov. Rick Scott, Sen. John McCain, Condoleezza Rice, South Carolina Gov. Nikki Haley, Mike Huckabee, Ohio Gov. John Kasich and New Mexico Gov. Susana Martinez will speak before Mitt Romney accepts the presidential nomination. (AP)

er was scheduled at the home of film mogul Harvey Weinstein. The hosts include actresses Anne Hathaway, Joanne Woodward and writer Aaron Sorkin.

The candidates are locked in a tight White House contest three months before Election Day.

On Monday, Romney was taking another day off the campaign trail, spending time at his vacation home in Wolfeboro, N.H.

Looming large for Romney is his decision on a running mate. He is expected to name a candidate before the Republican National Convention opens later this month in Tampa, Fla. KEN THOMAS (AP)

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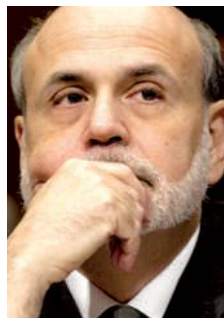
# Bernanke Wants U.S. to Gauge Happiness

## Washington

Ben Bernanke wants to know if you are happy.

The Federal Reserve chairman said Monday that gauging happiness can be as important for measuring economic progress as determining whether inflation is low or unemployment high. Economics isn't just about money and material benefits, Bernanke said. It is also about understanding and promoting "the enhancement of well-being."

Bernanke and Fed policymakers rely on reports on hiring, consumer spending and other economic data when making high-stakes decisions about the \$15 trillion U.S. economy. The Fed's dual mandate



## Economic Well-Being

**Federal Reserve chairman Ben Bernanke's Monday speech about emotions** was the latest foray into a relatively new specialty in economics known as "happiness studies." Bernanke attracted widespread notice when he spoke about the economics of happiness in a May 2010 commencement address at the University of South Carolina. He said research shows that once basic material needs are met, more wealth doesn't necessarily make people happier. (AP)

is to maintain low inflation and full employment.

"We should seek better and more-direct measurements of economic well-being," Bernanke said Monday in a videotaped speech shown to a conference of econo-

mists and statisticians in Cambridge, Mass. After all, promoting well-being is "the ultimate objective of our policy decisions."

Few Americans are likely to say they are happy with the economy right now. Unemployment rose in

July to 8.3 percent, and economic growth has slowed sharply from the start of the year. Bernanke himself called the recovery "frustratingly slow" on July 17.

In his remarks Monday, Bernanke turned to the more practical — and difficult — task of measuring a subjective emotion. So far, most efforts have involved surveys in which people are asked about whether they are happy and what contributes to their happiness.

Those surveys have found some consistent answers: physical and mental health, the strength of family and community ties, a sense of control over one's life, and opportunities for leisure activity.

CHRISTOPHER S. RUGABER (AP)



## LEGISLATION

### Tax-Free Medals

**President Obama would do "everything we can to support our athletes,"** including supporting a measure that would exempt U.S. Olympians from taxes on their prizes, White House press secretary Jay Carney said Monday. Sen. Marco Rubio, R-Fla., introduced the bill and has called taxes on the earnings ridiculous. (AP)

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# World

## In Brief

### TEGUCIGALPA, HONDURAS Ernesto Gains Strength

Tropical Storm Ernesto strengthened Monday as it headed for a brush with the Caribbean coast of Honduras and Nicaragua on a track that might carry it to the Belize-Mexico border as a hurricane. Nicaragua began evacuating hundreds of people from coastal villages. The U.S. National Hurricane Center in Miami said the storm could grow into a hurricane during the night. (AP)

### BUENOS AIRES, ARGENTINA Commuter Train Derails, Injuring 31 Passengers

A commuter train derailed on arrival in Buenos Aires on Monday, injuring 31 passengers and causing traffic chaos on the fourth day of a strike that has shut down subways in Argentina's capital. Monday's wreck is the worst since February, when a train struck a station, killing 51 people and injuring more than 700. (AP)

### HAVANA 2nd Deep-Water Oil Well Comes Up Dry, Cuba Says

A second deep-water exploratory well in the Gulf of Mexico has proved a bust, Cuba's state oil company announced Monday, dealing another blow to the island's dreams of petroleum riches. The cash-strapped country is hoping for an economic lifeline, especially after another well came up dry in May. (AP)

### JOHANNESBURG U.S. to Lend S. Africa \$2B For Renewable Energy

The U.S. will offer South Africa up to \$2 billion in loans to fund renewable energy ventures involving American companies, a top official said Monday, a potential boon for both the electricity-hungry nation and U.S. business interests. The 18-year loans will be funded out of the U.S. Export-Import Bank. U.S. and South African officials plan to sign a formal agreement for the loans Tuesday. (AP)

# Syrian PM Flees in Blow to Assad

Official's defection boosts rebel morale as civil war rages on

## Beirut

Syria's prime minister began planning his break from the regime two months ago when Bashar Assad offered him the post and an ultimatum: Take the job or die.

The full scope of Riad Hijab's carefully executed flight to the rebel side — described by an aide who fled with him to Jordan — reverberated Monday through Syria's leadership. Hijab became the highest-ranking government official to defect, emboldening the opposition



Hijab

and raising fresh questions about the regime's ability to survive the civil war that has claimed at least 19,000 lives.

Hijab and an entourage of family members were expected to head to the Gulf state of Qatar, a key backer of the Syrian rebels. His defection is a humiliating blow for



A woman in the besieged Syrian city of Aleppo rests Sunday. The nation's economic capital has been the site of brutal fighting between rebels and Syrian forces.

## Speaking Out

**"This will trigger a chain of other defections. ... The Syrian regime is drowning, and this is the clearest sign yet."**

GEORGE SABRA OF THE OPPOSITION SYRIAN NATIONAL COUNCIL DISCUSSING THE DEFECTION OF SYRIAN PRIME MINISTER RIAD HIJAB ON MONDAY

**"It may not be the tipping point for the regime, but each breakaway is another crack."**

MUSTAFA ALANI, AN ANALYST AT THE GULF RESEARCH CENTER, ON THE EFFECT THAT HIJAB'S DEFECTION WILL HAVE ON PRESIDENT BASHAR ASSAD

Assad after a string of generals and ambassadors has peeled away.

In Washington, White House press secretary Jay Carney predicted that "Assad's days are numbered."

The Syrian regime has suffered a series of setbacks over the past month that point to a loosening of its grip on the country, including a July 18 bombing in Damascus that killed four of Assad's top aides.

Just hours before word of the defection got out, Assad suffered another blow in his attempt to portray he is in control: A bomb ripped through the third floor of the state TV building in Damascus, wounding at least three employees.

But power remains closely held within Assad's inner circle and even posts such as the prime minister have limited clout. Hijab's departure will not immediately undercut the regime's ability to fight rebels in such places as Aleppo, Syria's largest city, which it has pounded with gunners and warplanes.

Syria's official SANA news agency said the Cabinet held an emergency session hours after a replacement was named for Hijab.

BRIAN MURPHY AND JAMAL HALABY (AP)

## Egypt Vows to Capture Killers in Border Attack

### El-Arish, Egypt

Egypt's military vowed on Monday to hunt down those behind the killing of its 16 soldiers at a checkpoint along the Sinai border with Israel. It called the attackers "enemies of the nation" and suggested they were Egyptian Sinai-based militants who received Palestinian support from the Gaza Strip.

The violence — which saw the attackers try to break through the border after killing the soldiers — could increase tensions with Israel,

### Backstory

The Sinai border has been largely quiet for most of the three decades since Israel and Egypt signed a peace treaty in 1979, though forces have for years fought a low-level insurgency in El-Arish and nearby areas. A statement by the Egyptian armed forces said 35 militants took part in the attack, suggesting that close to 30 attackers may be on the run, as officials said at least six suspects have been killed. (AP)

which has stepped up pressure on Egypt to clamp down on the lawless border region.

The attack and the army's promised crackdown add to the host of political, economic and security crises that festered under Hosni Mubarak and now face his successor, newly elected President Mohammed Morsi

It could mark an escalation in the Sinai's decade-long low-level Islamist insurgency. Sunday's attack is among the worst against Egyptian soldiers. (AP)

## Hearsay



**"It was actually poetic justice that they happened to be sitting next to a judo player."**

— SEBASTIAN COE, LONDON'S OLYMPIC GAMES CHAIRMAN, ON MONDAY DISCUSSING HOW A SPECTATOR WHO THREW A BOTTLE ONTO THE TRACK BEFORE THE MEN'S 100-METER FINALS ON SUNDAY ENRAGED THE NEARBY DUTCH JUDO BRONZE-MEDAL WINNER EDITH BOSCH, WHO SAID SHE PUSHED HIM FOR DOING SO

# \$3B

The amount in damages that Spyker Cars NV said Monday it would seek from General Motors Co. over the tiny Dutch car company's \$74 million purchase of Swedish carmaker Saab in 2010. Spyker says GM unfairly blocked deals that would have seen a Chinese manufacturer take over Saab production and save it from bankruptcy. (AP)



Hearsay

“This is serious, this is serious! The No. 3 unit. ... We just had an explosion. ... I can’t see anything from here because of heavy smoke.”

— **MASAO YOSHIDA**, THEN-CHIEF OF THE FUKUSHIMA DAI-ICHI NUCLEAR PLANT, REACTING AFTER A BLAST IN THE DAYS AFTER JAPAN’S DEVASTATING EARTHQUAKE AND TSUNAMI ON MARCH 11, 2011. TOKYO ELECTRIC POWER CO. HAD REFUSED TO RELEASE VIDEO FOOTAGE FROM THE CRISIS, BUT DID SO MONDAY TO COMPLY WITH GOVERNMENT ORDERS.

Smiles Aplenty With Mandela in S. Africa



**SECRETARY OF STATE HILLARY RODHAM CLINTON** meets with Nelson Mandela, 94, and his wife, Graca Machel, on Monday during a stop in Qunu, South Africa, to visit with the Nobel laureate.

Frankfurt Removes Occupy Camp

Frankfurt, Germany

German police on Monday carried out a court order to remove anti-capitalist protesters from an Occupy Frankfurt camp set up almost ten months ago next to the European Central Bank headquarters.

Police put up barricades around the camp and asked people to leave voluntarily, then started to carry out activists who refused and sat down.

The clearing of the remaining several dozen tents followed a court decision upholding the city’s effort to enforce rules against camping on city-owned parkland. City official Joerg Bannach said Monday the police were trying to clear the camp “as peacefully as possible.”

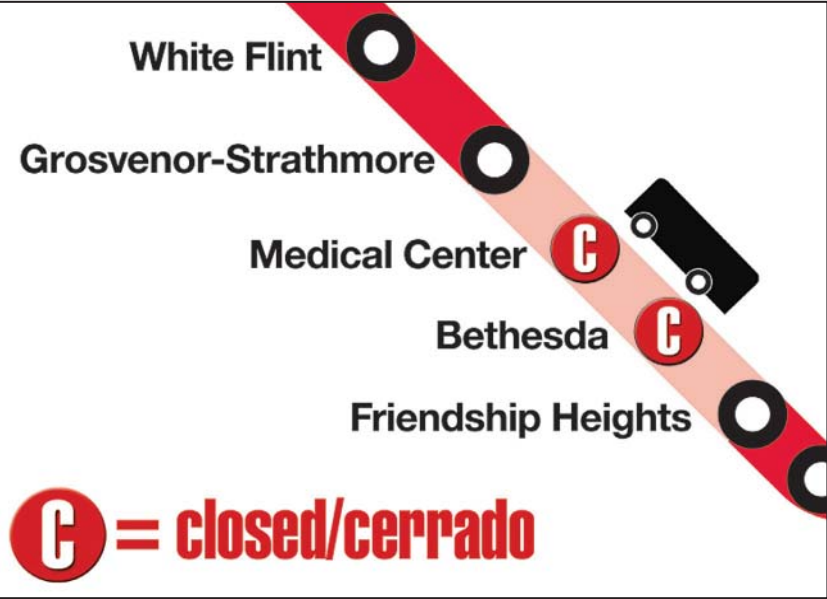
The city said activists rejected an offer to allow a symbolic tent to remain with an information stand and three tents nearby.

**“Tents are not a means of protest. That’s been the case from the beginning, but we tolerated it.”**

— **JOERG BANNACH**, AN OFFICIAL IN FRANKFURT, GERMANY, COMMENTING ON REMOVAL OF THE CITY’S OCCUPY CAMP

The city’s latest authorization for the almost 10-month-old demonstration allows protesting on an adjacent public square but bans tents. (AP)

TRACK WORK THIS WEEKEND



From Friday, August 10 at 10 p.m. to Sunday, August 12 at closing: Buses replace trains on the Red Line between Grosvenor-Strathmore and Friendship Heights as Metro welds rail, upgrades fasteners, repairs tunnels and performs grout work. To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit [MetroForward.com](http://MetroForward.com) or call 202-637-7000.



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# World

## Russian Judge Is Biased, Jailed Rockers Say

### Moscow

Members of a feminist Russian punk band on trial for a protest against Vladimir Putin in Moscow's main cathedral sought to dismiss their judge Monday, accusing her of being biased and ignoring their side of the story.

The Pussy Riot members also said they did not mean to hurt anyone's religious feelings when they performed a "punk prayer" in February against Putin's return to the Russian presidency.

"We've been made scapegoats," said band member Maria Alekhina.

But the judge refused to listen to any of the defense's motions.

The three women — Nadezhda Tolokonnikova, 23; Alekhina, 24; and Yekaterina Samutsevich, 29 — have been in custody for five months following their stunt. The women face a seven-year sentence

if convicted. The case is part of a widening government crackdown on dissent that followed Putin's election in March. (AP)

### Backstory

Russian punk band Pussy Riot performed its act in February as a protest against Vladimir Putin's return to the presidency. Three of the band members were arrested and charged with hooliganism; they face a seven-year sentence if convicted. The case is part of a widening government crackdown on dissent that followed Putin's election in March. (AP)

if convicted.

Madonna, who is on a concert tour of Russia, said Monday that she hopes for the band members' release: "Obviously, I believe in freedom of speech and I'm against censorship, so I hope that ... they are freed soon."

The women are facing daily 12-hour hearings, unusually long for Russian courts. The defense filed another petition to remove the judge that was turned down. (AP)



### CRIME

### No Love Lost

A man's arrest after a complaint about his kissing a woman in public led to a "kiss-in" protest Sunday in Leon, Mexico. An official said Monday that the arrest and \$65 fine appear to have been unjustified and that there is no law against public kissing. (AP)

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# Curiosity On Mars

NASA's rover looks to see whether the planet was able to support life

## Pasadena, Calif.

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist, describing the first images of its mechanical gymnastics.

Hours after NASA learned the rover had arrived on target, engineers and scientists got the first glimpses of the intricate maneuvers it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle.

Extraordinary efforts were needed for the landing because the rover weighs 1 ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

More images, including video of the landing and beautiful color shots of Mars, will follow in days to come. It will be weeks before Curiosity starts digging into the Red Planet's past, the latest chapter in the long quest to find out whether primitive life arose early in the planet's history.

Cheers echoed through the NASA Jet Propulsion Laboratory late Sunday after signals arrived at 10:32 p.m. PDT indicating Curiosity had survived the harrowing plunge.

"Touchdown confirmed," engineer Allen Chen said. "We're safe on Mars."

It was NASA's seventh landing on Earth's neighbor; many other attempts by the U.S. and other countries to zip past, circle or set down on Mars have gone awry.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics packed into "seven minutes of terror" as Curiosity sliced through the Martian atmosphere at 13,000 mph.

In a Hollywood-style finish, cables delicately lowered the rover to the ground at a snail-paced 2 mph. A video camera captured the most dramatic moments to give Earthlings their first glimpse of a touchdown on another world.

JPL director Charles Elachi compared the team to Olympic athletes.

**13,200**

The descent module went from 13,200 mph to 0 in 6.5 minutes, requiring innovations that NASA tested separately before, but never together.

**\$2.5B**

The Curiosity mission cost \$2.5 billion. It was delayed two years and cost \$1 billion more than the original budget.

**2030**

President Obama has set a goal for astronauts to orbit Mars by the mid-2030s followed by a landing. But the plan is to send astronauts to an asteroid first.

**10+**

The degree of difficulty in Curiosity's landing was "above a 10," said NASA engineer Adam Steltzner. (TWP/AP)



A team of NASA scientists celebrate Sunday in Pasadena, Calif., upon the successful landing of the Mars rover Curiosity.



## What Will Curiosity Do?

Curiosity — which is the largest manmade object to land on Mars — carries a toolbox of 10 instruments, including a rock-zapping laser and a mobile organic chemistry lab. It also has a long robotic arm that can jackhammer into rocks and soil. It will hunt for the basic ingredients of life, including carbon-based compounds, nitrogen, phosphorus, sulfur and oxygen. NASA officials say its nuclear battery easily could last for a decade, powering movement of the 1-ton rover and keeping it warm in the negative-100-degree nights. (AP/TWP)

## Why Mars Again?

Scientists want to know if any form of life ever existed there. Curiosity is the most ambitious effort to that end, though it will not look for microbes. It looks to see if Mars was able to support that type of life. (AP)

"This team came back with the gold," he said.

The extraterrestrial feat injected a needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting \$2.5 billion, the two-year Curiosity mission is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

President Obama lauded the landing in a statement, calling it "an unprecedented feat of technology." The mission comes as NASA retools its Mars exploration strategy. Faced with budget constraints, the agency withdrew from a plan with the European Space Agency to land a rock-collecting rover in 2018. The Europeans have since teamed with the Russians as NASA mulls a new roadmap.

ALICIA CHANG (AP)

**The Color:** It's called "the Red Planet" because iron-rich dust staining the landscape is rusty-red.

**Quick Weight Loss:** Its gravity is 38 percent that of Earth. So if you weigh 150 pounds on Earth, you would weigh 57 pounds on Mars.

**Hot and Cold:** Mars' temperature can range from 80 degrees at its equator to -199 degrees at its poles.

**The Air There:** Mars' atmosphere is mostly carbon dioxide with traces of nitrogen and argon. Earth's is a mixture of nitrogen, oxygen and other gases. (AP)



**On Mars**



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# Busing to Dulles? Allow Plenty of Time

**Q** I will be traveling from Capitol Hill to Dulles this week to catch a 6 p.m. domestic flight. How reliable is the 5A bus to the airport? I would like to catch the bus that arrives at 5:06 p.m., but is it regularly delayed?

I'm very conservative addressing catch-a-flight questions. I usually leave people enough time for a five-course meal at the airport. So I'm nervous about you having under an hour of leeway from your scheduled arrival time at the airport. People generally speak well of the 5A. When they complain, it's more about crowding than about unreliability. Still, the bus route has a long way to go through D.C.'s rush-hour traffic before reaching the airport highway, including that stop at the Rosslyn Metro. If you could possibly catch the 3:30 bus from L'Enfant Plaza, I'd feel better.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** The other thing to consider about Dulles is it is a big airport — and I mean that in a very literal, space occupying sense. Even without many people, it still can take an hour or more to walk from where the bus drops you off, check in, walk to security, get through security (which isn't as organized as Reagan National Airport), either catch the train or the bus/mooncrawler to your terminal, then get to your gate. Simply put, even if the one that arrives at 5:06 p.m. is exactly on time, there's a good chance you won't make it onboard your flight before the door closes.

Thanks, and I think that's a good point — that just getting to the airport isn't the end of the challenge.

**Q** I know nothing about the bus to Dulles, but I will say that last weekend before 5 a.m.



KAREN BLEIER/AP/GETTY IMAGES

Just getting to Dulles International Airport isn't the end of the travel challenge.

(i.e., not a crowded time), there was a long line at check-in but not much of one at the security gate, but then we had to wait awhile for the tram to the gate. In all, it took almost an hour from arrival at the airport to arrival at the gate, so keep that in mind! The entire process at

Dulles is much slower than at National airport.

As Dr. Gridlock, I see a lot more of the outsides of buildings, so I tend to focus on the traffic and transit issues in traveling. But this is the second worthy bit of feedback regarding what happens inside the terminal.

**Q** It's a ways off still, but I'm wondering what your thoughts are about getting to Dulles Airport from downtown (Metro Center) the Friday of Labor Day weekend (Aug. 31) for a 6 p.m. flight. I've been going back and forth between the 5A from L'Enfant Plaza (aiming for a 3 p.m. arrival time) or taking the Metro to Falls Church and catching the Washington Flyer bus. Any suggestions or warnings? I'm wary of the security lines as well as the general road traffic and unsure how much leeway to build in to my plans.

Considering it's a three-day weekend, the local traffic at the start of Labor Day weekend is rarely severe. So many people already are off on vacations. And I think you're schedule is early enough so the 5A should work out. But also, I should say that I don't hear from many people who use the Flyer from West Falls Church, so I won't definitively say you'll get there without delay.



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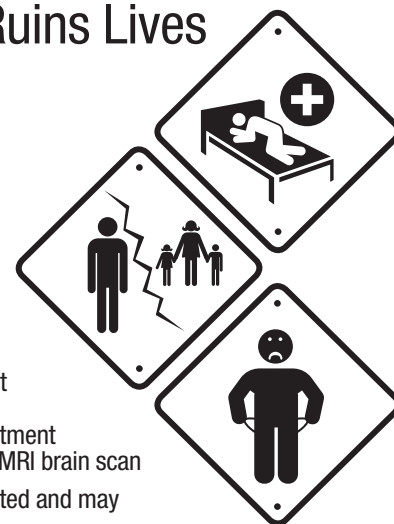
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## Local

# Reflecting Pool Nears Reopening

Project to fix iconic site cost \$34M, took two years to finish

## Washington

Inside a plain brown building on the National Mall, someone within the next few weeks will step to a panel labeled “Master Control Station” and switch on the new machinery.

A half mile away, two powerful underground pumps on the Tidal Basin will start pushing 4 million gallons of water through buried pipeline at 800 gallons a minute.

And from 58 outlets in the concrete floor of the Lincoln Memorial Reflecting Pool, gentle streams of water will begin to refill the pool for the first time in 20 months.

The moment will mark the culmination of the \$34 million reconstruction project that has had the famous pool at the foot of the Lincoln Memorial closed since 2010.

It will debut an almost com-



The reflecting pool at the Lincoln Memorial has been closed since 2010. It is scheduled to reopen in the next few weeks.

pletely rebuilt, and slightly redesigned, pool — shallower, but more aesthetically pleasing, with a tinted bottom, new sidewalks to replace the old dirt paths, and subtle, new night-time illumination.

It will also utilize a new water supply system in which its water will for the first time be drawn from the tidal basin — not from city water reserves — and be

cleaned and recirculated. The old pool could not circulate its often-stagnant water.

And it will return to public use one of the nation’s most elegant and storied locales, in a city where other high-profile sites, such as the Washington Monument, remain closed for repairs.

“When people think of Washington, D.C., they think of the Lin-

coln Memorial, they think of the reflecting pool,” Interior Secretary Ken Salazar said Wednesday during a tour of the site.

“They remember moments in history ... and so much that has happened around this place,” he said. “And it almost seems to me that without the reflecting pool it would be like a half-empty place.”

MICHAEL E. RUANE (THE WASHINGTON POST)

## Maryland Live! July Take: \$35M

### Hanover, Md.

Maryland’s largest casino continued to perform strongly during its second month of operation, generating \$35.4 million — but gross revenue tumbled last month at its closest competitor.

The take at Maryland Live! in Anne Arundel County kept pace with its opening-month numbers, which were aided by a burst of publicity surrounding the casino’s June 6 launch.

Hollywood Casino Perryville, a



The Anne Arundel County casino pulled in \$35.4 million in revenue last month.

smaller venue located a little more than an hour away in Cecil County, generated \$6.9 million last month,

a decrease of nearly one-third from July 2011.

The numbers, reported Monday by the Maryland Lottery Agency, are likely to factor into debate over whether the state should authorize a new casino in Prince George’s County, as well as Las Vegas-style table games at existing slots venues.

Gov. Martin O’Malley, a Democrat, has summoned lawmakers back to Annapolis on Thursday to consider the issue.

JOHN WAGNER (THE WASHINGTON POST)

### Hearsay

**“Compensating these individuals is the just and right thing to do.”**

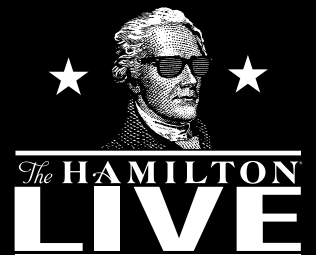


— DEL. PATRICK HOPE, D-ARLINGTON, WHO CALLED ON THE STATE MONDAY TO COMPENSATE PEOPLE IT FOR-

IBLY STERILIZED UNDER A EUGENICS LAW ENFORCED AS RECENTLY AS 1979



**Medal Monikers:** In April, the National Zoo welcomed a pair of cheetah cubs. But until this week, they did not have names. Now, they do: Carmelita and Justin. The female cub is named after Carmelita Jeter, the American who won silver in the women’s 100 meter on Saturday night in London. The male cub is named after Justin Gatlin, the former Olympic champion who took bronze in the same event Sunday night. (THE WASHINGTON POST)



UPCOMING PERFORMANCES

THURSDAY, AUG 9  
**THE PIMPS OF JOYTIME**

FRIDAY, AUG 10  
**NICK COLIONNE**

SATURDAY, AUG 11  
**AMERICAN BABIES**  
W/ HOLLIS BROWN

SUNDAY, AUG 12  
**TRIGGER HIPPIY**

TUESDAY, AUG 14  
**CANDYE KANE**

WEDNESDAY, AUG 15  
**MELVIN SEALS & JGB**  
W/ ROY JAY

THURSDAY, AUG 16  
**ROBERT EARL KEEN**

FRIDAY, AUG 17  
**THE BLACK LILLIES**

SATURDAY, AUG 18  
**THE KENNEDYS**

SUNDAY, AUG 19 10AM & 12:30PM  
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SUNDAY, AUG 19  
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MONDAY, AUG 20  
**CEDRIC BURNSIDE PROJECT**

TUESDAY, AUG 21  
**THE EASTERN SEA** W/ DAY JOY

WEDNESDAY, AUG 22  
**SHOVELS & ROPE**

THURSDAY, AUG 23  
**MICHAEL KAESHAMMER**

FRIDAY, AUG 24  
**IVAN NEVILLE'S DUMPSTAPHUNK**

SUNDAY, AUG 26 10AM & 12:30PM  
**LIVE GOSPEL BRUNCH**  
W/ PATRICK LUNDY & THE MINISTERS OF MUSIC \$25

MONDAY, AUG 27  
**Y LA BAMBA**

WEDNESDAY, AUG 29  
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# Local



Spectators cheer for racing pigs at the Howard County Fair in August 2008.

## Fair-Goers Warned of Risky Pig Contact

**Washington**

Health officials in the Washington region are urging people to be cautious at agricultural fairs this summer after the Centers for Disease Control and Prevention reported an increase in the number of swine flu cases linked to pigs at such fairs in other parts of the country.

**“We’re not trying to raise hysteria. We’re trying to make sure people avoid getting sick.”**

— **PETER L. BEILENSEN**, THE HEALTH OFFICER FOR HOWARD COUNTY

The CDC said there were 12 new cases of the H3N2v virus in the past week in Hawaii, Ohio and Indiana, and all were linked to people who attended or exhibited swine at an agricultural fair.

Although no cases have been reported in the District, Maryland or Virginia, local officials suggest those at high risk for the flu avoid exposure to pigs as the region hits the annual fair season.

“We just want to get ahead of the curve, as these things do tend to spread,” said Peter L. Beilenson, the health officer for Howard County.

MARISSA EVANS (THE WASHINGTON POST)



# U.S. Set for Encore

**Dramatic win over Canada creates a rematch with Japan for the gold medal**

## Women's Soccer

The U.S. women's soccer team is back in the Olympic gold-medal match after a wild come-from-behind 4-3 win over Canada with a goal in the final minute of extra time.

Now the Americans will be out to avenge one of the most gut-wrenching losses in the program's history.

Alex Morgan gave the U.S. its first lead of the night in the third minute of injury time Monday, completing the win over Canada in the Olympic semi-finals at Old Trafford.

Morgan's 6-yard header, on a long cross from Heather O'Reilly, looped high into the net over goalkeeper Erin

McLeod for the winning goal. Megan Rapinoe scored in the 54th and 70th minutes, and Abby Wambach in the 80th for the U.S.

The Americans overcame a hat trick from Christine Sinclair, who scored in the 22nd, 67th and 73rd minutes for Canada.

Next comes the game the U.S. players have been eyeing for more than a year, a rematch with Japan on Thursday at Wembley Stadium with gold on the line.

The top-ranked Americans lost to Japan on penalty kicks in the World Cup final last summer, a stunning blow that became a source of motivation as the players prepared for this year's Olympics.

The U.S. team has played in the title match in every Summer Games since women's soccer was introduced in Atlanta in 1996, winning the gold in 1996, 2004 and 2008 and the silver in 2000.

The Americans advanced by continuing their dominance over the



The U.S. women's soccer team celebrates after Alex Morgan's overtime goal sent the squad to Thursday's gold-medal game against Japan.

neighbor to the north, extending their unbeaten streak against Canada to 27 games (23-0-4).

The Americans lead the all-time series 44-3-5, the last loss coming at the Algarve Cup in 2001.

But it wasn't easy. Sinclair was an imposing force, scoring her 141st, 142nd and 143rd goals in international play. She's now even with Wambach for No. 2 on the all-time list, both chasing Mia Hamm's world record of 158.

Canada coach John Herdman said before the game that the run of futility against the Americans was on the minds of his players, and he addressed it with them in the run-up to the match. He also injected some pregame intrigue



Alex Morgan, who scored the winning goal over Canada, hadn't netted a goal since the U.S.' first Olympic game.

by accusing the Americans of using "highly illegal," overly physical tactics on free kicks and corner kicks.

Certainly, his team gave one of its most spirited efforts on the biggest stage ever for a game between the neighboring rivals, scoring the most goals the U.S. has allowed since a 5-4 win by the Americans over Australia in May 2008. JOSEPH WHITE (AP)

## Japan Moves On

World Cup champion Japan reached the women's Olympic soccer final Monday by beating France 2-1 at Wembley Stadium. Mizuho Sakaguchi, left, and Yuki Ogimi each scored for Japan, but France substitute Eugenie Le Sommer pulled one back in the 75th minute. A minute later, Elise Bussaglia could have equalized from the penalty spot following a foul, but the Frenchwoman shot wide of the right post. (AP)



## Other Events



Jake Gibb, left, and Sean Rosenthal were upset by a Latvian beach volleyball team.

## BEACH VOLLEYBALL U.S. Men Eliminated

Martins Plavins and Janis Smedins of Latvia knocked Americans Jake Gibb and Sean Rosenthal out of the Olympic beach volleyball tournament on Monday. The Americans won the first set 21-19, then dropped two straight sets, 21-18, 15-11. The other American men's team, Beijing gold medalists Todd Rogers and Phil Dalhausser, had already been eliminated. (AP)

## JUDO American Out for Pot Use, Blames Baked Food

American judo fighter Nick Delpopolo apologized Monday after he was expelled from the Olympics for doping, blaming the disqualification on his unintentional consumption of something baked with marijuana. (AP)

## RACE WALKING Defending Champ Banned

Defending Olympic 50K race walk champion Alex Schwazer was caught doping in Italy and will miss the London Games. The 27-year-old Schwazer had been due to defend his 2008 Olympic title in the 50-kilometer walk on Saturday. (AP)

## TELEVISION IOC Defends NBC Coverage

The IOC defended NBC's decision to show Usain Bolt's 100-meter victory on tape delay, saying the network decides how it wants to air the events. Bolt's blinding dash Sunday in the Olympics' signature event came at 4:50 p.m. EDT. NBC broadcast the race hours later in prime time, frustrating fans accustomed to watching action as it happens and sharing instant reaction through social media. NBC is the biggest financial backer of the IOC. (AP)





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# Suhr Rises to the Occasion for U.S.

Pole vault victory offsets disappointing results in running

## Track and Field

Jenn Suhr walked with a purpose over to the stands to see her husband, who gingerly wrapped an American flag around her shoulders while she sobbed into his chest.

Yes, they've come a long way together. From training in a pair of huts connected together to form a jumping pit, to winning an Olympic gold medal on her sport's grandest stage.

Suhr, America's best female pole vaulter for the better part of six years, got the Olympic gold she needed to round out her résumé.

## Meanwhile ...

Two-time American Olympic gold medalist Angelo Taylor staggered to the finish in the men's 400-meter hurdles for fifth place on Monday in a race won by 35-year-old Felix Sanchez of the Dominican Republic, who beat American Michael Tinsley to the line. Later on the track, teenager Kirani James of Grenada stormed to victory in the 400 meters, adding the Olympic title to his world championship gold. He also was the first non-U.S. winner of the race since 1980. (AP)

She vaulted 15 feet, 7 inches (4.75 meters) to defeat Cuba's Yarisley Silva, who cleared the same height but lost on a tiebreaker because she had one more miss



American Jennifer Suhr leaps over the bar in the pole vault Monday in London.

in the competition.

Suhr also beat two-time defending Olympic champion Yelena Isinbayeva of Russia, who failed to become the first woman to win the same individual track and field event at three consecutive Olympics. Isinbayeva settled for bronze with a vault of 15-5 (4.70).

She said she was spurred on by another noisy capacity crowd at the Olympic Stadium.

"The atmosphere is electric because they bring you alive," Suhr said. "When I warmed up I felt a little dead, but I fed off them."

Suhr's victory, finished out in the spitting rain at Olympic Stadium after all the other events had concluded, was a surprise gold for the United States on a night when it couldn't catch a break anywhere else. (AP)

## Ready, Set, Throw



**DISCUS:** Germany's Robert Harting takes a throw in a men's discus qualification round in London on Monday. With a throw of 66.22 meters, Harting came in second behind Estonia's Gerd Kanter in the early action. The gold medal will be awarded in the men's competition Tuesday night in the Olympic Stadium.



## Douglas Is 8th On Uneven Bars

### Gymnastics

American gymnast Gabby Douglas fell short of winning a third Olympic medal, finishing eighth out of eight in the women's uneven bars final at North Greenwich Arena.

But the 16-year-old "Flying Squirrel" who led the U.S. to team gold and then won the individual all-around entered Monday's competition at a considerable disadvantage, given that her routine had the lowest difficulty score among the eight finalists. The gold went to Russia's Aliya Mustafina, who impressed both technically and artistically.




(THE WASHINGTON POST)

## The Rundown

### Medal Count



▲ 2. United States TOTAL: 63

COUNTRY				T
1. China	31	19	14	64
3. Russia	7	17	18	42
4. U.K.	18	11	11	40
5. Japan	2	12	14	28
6. France	8	9	9	26



### Matt Emmons, United States:

After seeing gold medals—or any medal, for that matter—slip away with last-bullet debacles in Athens and Beijing, Emmons captured bronze in the 50-meter three-position rifle.

### Marlen Esparza, United States:

She guaranteed herself at least a bronze medal—the first for any U.S. boxer in London—with a 24-16 win over Karla Magliocco of Venezuela.

### What to Watch



### BEACH VOLLEYBALL

(8 P.M., NBC) Misty-May Treador and Kerri Walsh Jennings, above, and April Ross and Jennifer Kessy try to set up an all-American final in the two semifinals.

### GYMNASTICS

(8 PM, NBC) Gabby Douglas goes for gold in the balance beam.

### WOMEN'S BASKETBALL

(9 A.M., NBCSN) The U.S. plays Canada in the quarterfinals.



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# Nationals' Flores Hit Hard by Demotion

Struggling catcher loses starting job after Suzuki trade

## The Nationals

Jesus Flores listened to the questions, but when he spoke, the words that came out were those of a man who wished he had the answers but knew he didn't.

He was talking to reporters about how it had come to this, how he had lost his starting catching job in the middle of a pennant race.

"For some reason, I haven't found consistency hitting," said Flores, batting just .221 and struggling defensively. "It's been kind of ... for some reason ... it's been kind of hard for me to adjust."

A day earlier, before the start of Friday's doubleheader, the Nationals — who visit the Houston Astros



Jesus Flores is hitting just .221 this year — a reason why the Nats added Kurt Suzuki.

this week — completed a deal with the Oakland A's to acquire catcher Kurt Suzuki, who is also having his worst year at the plate but has a sterling reputation defensively. Manager Davey Johnson immediately named him the No. 1 catcher.

Making it worse for Flores was that he didn't learn of the trade until

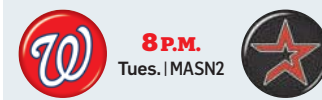
reporters approached him after the first game of the doubleheader, more than five hours after the team announced it to the media.

"Obviously, he doesn't have an iPad like some of these guys," Johnson would later say.

As Flores finished speaking, reporters gathered for their first

chance to interview Suzuki.

Flores slipped quietly from his locker. He didn't hear Suzuki talk about how excited he was to join the first-place club. He didn't hear the interview stop because other players were cracking jokes with a microphone and a karaoke system in the back of the clubhouse. Suzuki was laughing too hard to speak.



Flores' future was uncertain but he got his chance to start again this year when starter Wilson Ramos was hurt. He had his chance. He did not seize it, Johnson told him that once they spoke. "The better you play, the bigger role you get," Johnson said. "It's the way baseball has been played ever since I can remember."

DEREK TURNER (FOR EXPRESS)

# Cooley Expects To Play Fullback Against Buffalo

## The Redskins

Redskins tight end Chris Cooley said Monday that he expects to see time at fullback in Thursday's preseason opener at Buffalo.

Darrel Young normally would start at fullback for the Redskins, but the third-year pro strained his left hamstring during practice last week and isn't expected to return to action for a few more weeks.

Cooley is familiar with the duties of the fullback in Washington's system because, as a rookie, he played H-back (a blend of tight end and fullback) in then-coach Joe Gibbs' offense. And in Mike Shanahan's offense, tight ends are at times expected to handle some of the same responsibilities as fullbacks. (THE WASHINGTON POST)

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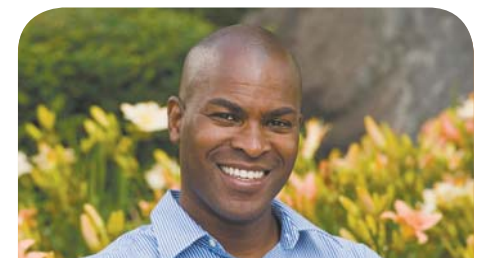
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## Guinea Pig | Rough Rider

Originally designed for home use, the Ball Bike is now available for gyms (for \$2,399, [Ballbike.com](http://Ballbike.com)). So, someday soon at your cycling class, you might find yourself sitting on a stability ball that's working your core instead of plopping down on an uncomfortable bicycle saddle. Keep your arms busy by pumping the attached resistance bands while you pedal, and you've got a total body workout — albeit one that feels a bit goofy.



See your weekly Gold's Gym Trainer Tip on the next page.



More than 50 stylists created fitness-friendly looks in Atlanta on Sunday.

COURTESY UNITEDHEALTHCARE

# Hair Force

A contest highlights the need for stylists to create looks that encourage exercise

In addition to those two gold medals, 16-year-old gymnast Gabby Douglas has gotten something else in London: flak about her hair. Social media sites buzzed with slams that her bun was unkempt, and questions about why she didn't get her locks done for the Olympics.

A flood of defenders quickly responded that her style was a practical choice for someone flipping all over the place. And it brought attention to the fact that, unlike Douglas, some African-American women shy away from physical activity because

they're worried about messing up their hair.

"They say, 'I just spent \$250, so I'm not going to sweat it out,'" says Elgin Charles, star of VH1's "Beverly Hills Fabulous" and an expert hairstylist who tried to help change that attitude by hosting the third annual Hair Fitness Competition at the Bronner Bros. International Hair Show in Atlanta on Sunday.



Charles

Sponsored by UnitedHealthcare, the contest is designed to get hair professionals thinking about exercise-friendly styles. Whether it's an updo, a weave or braids, the

key to winning is finding an attractive look that women can maintain no matter how often they want to raise their heart rates.

"The hairstyle isn't the only reason people aren't exercising. It's one," says Reed Tuckson, chief of medical affairs for UnitedHealth Group and the former D.C. health commissioner, who was joined at the competition by Surgeon General Regina Benjamin and the Washington Mystics' Ashley Robinson. "But we have to take away any barrier we can."

Tuckson says this barrier is particularly critical in Washington, where — as in much of the rest of the country — the rate of obesity among African-Americans is higher than that of other ethnicities.

Enlisting an army equipped with scissors and combs has another potential benefit, he says. Some women may not see their doctors much, but they're likely to get their hair checked out several times a year (or month). If they're hearing the right messages while getting snipped and styled, that's bound to lead to better outcomes.

"What an opportunity to make them literally deputies in our work," says Tuckson, who envisions a

**"They say, 'I just spent \$250, so I'm not going to sweat it out.'"**

— **ELGIN CHARLES**, HAIRSTYLIST AND STAR OF "BEVERLY HILLS FABULOUS"

nationwide network of exercise-friendly certified salons. For the past year, UnitedHealthcare has been running a pilot program in Wisconsin that trains stylists in how to encourage their female African-American clients to get active and watch what they eat.

There's certainly interest. When Charles offered a "Stylin' Healthier Futures" class in Atlanta over the weekend, it was so popular that he had to turn people away.

After doing hair for 26 years, and talking to women about absolutely everything going on in their lives, including health scares and surgeries, it seems only natural to Charles to take on this role. "They believe in you, and trust in you," he says.

And when clients aren't talking to him, he says, they're talking to their friends: "One woman will say to another, 'I'm walking because Elgin got me into this hairstyle.'"

That's a trend Charles is happy to be responsible for. He can work magic behind a chair, but the clients who take care of their bodies always look even more fabulous.

VICKY HALLETT (EXPRESS)



## In This 'Do, You Can Do Anything

A short, spiky and spunky look by Linette Battle of Palm Beach, Fla. (right, shown with her model), took home the top prize at Sunday's Hair Fitness Competition, which attracted more than 50 competitors and 1,500 spectators.

But that's just one style that's suitable for fitness, says Elgin Charles, whose Beverly Hills clientele demand 'dos that stay picture perfect after the gym.

Lots of looks can retain their shape with proper care. Charles recommends wrapping up hair in a scarf while you exercise, blowing it dry to remove moisture and then taking the wrap off.

You'd want to use that trick if you went for the "infinity knots" style, which Atlanta stylist Jason Griggers used to win the 2011 Hair Fitness Competition. "It's a roping technique that looks like a figure 8 pulled on its side," Griggers says. "Because all of the hair is pulled into place, it's zero-maintenance."

When clients want something simpler, Griggers suggests a tight chignon (a kind of bun). "It's easy and looks decent," he says.

Opting for natural styles can make it easier for African-American women to be active, but Charles has tips for those styles, too. "When you exercise with braids, the edges can start coming out," he says. "With dreads, you need to use certain oils and waxes, and twist them at the bottom so they grow uniformly." (V.H.)





## Meet The Trainer

**Neil Lybecker**

Certified Personal Trainer  
Clarendon Gold's Gym

Neil is both a personal trainer *and* a personal chef. He developed his passion for fitness in high school where he was a three sport varsity athlete. Along the way, he also discovered the importance of proper nutrition in maintaining a healthy lifestyle and honed his culinary skills. In both cooking and training, Neil is a believer in proper technique performed with precision. He is committed to helping clients achieve their goals in a fun and safe environment.

### Certifications:

National Academy of Sports Medicine Certified Personal Trainer • CPR/AED.

*To schedule an appointment with Neil or another Gold's trainer, come to a Gold's Gym location near you or visit our website.*

## Trainer Tip of the Week

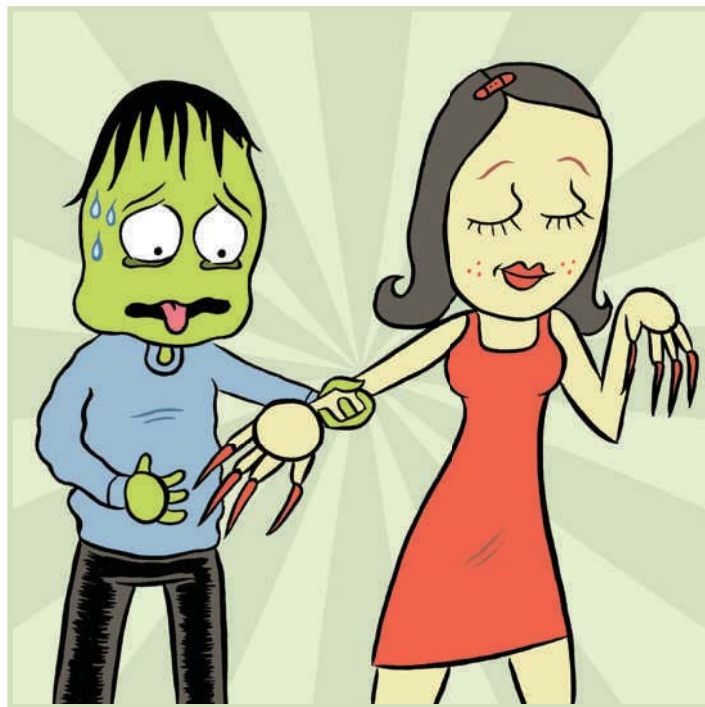
With so many great Farmer's Markets around the DC area, decorate your plate each meal with a variety of colors from fresh fruits and vegetables. The fiber will help keep you feeling fuller longer.

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# baggagecheck



## How to Be There In Tough Times

**Q** My closest friend just got a devastating cancer diagnosis. There's a chance she will beat this and if anyone can fight it, she can. But I'm so thrown and stressed and saddened by this I don't think I'm being a good friend. I keep thinking about her young children and her husband and my own potential loss of her. I'm finding it difficult to be there for her when I'm SO sad. **HEARTBROKEN FRIEND**

Be honest with her about not knowing what to say and how it's affecting you — "I sometimes don't want to show you how sad I am about this." But it's simply not fair right now for you to burden her with your pain. You deserve your own support, whether it's from your family, other friends or through counseling.

For now, focus on what you can do for your friend and her family: cleaning out her fridge, grabbing dinner, taking her kids to a playground. Those tasks are the unemotional nuts and bolts that will keep you present physically when you can't quite be there for her emotionally. And keeping up with this stuff will prevent you from retreating into your own pain and failing to be the friend you want to be.

## Like Nails on a Chalkboard

**Q** My girlfriend keeps her nails super long, and I don't like it. As in it seriously turns me off and grosses me out. She knows I'd prefer her nails shorter, but this has been her "thing" for a long time and I don't think she gets that it's really repulsive to me, to the point where I can't imagine staying with her if they're not cut. Am I being extreme about this? **GROSS**

If they were this deal-breakingly hideous to you from the very first "hello," I'm wondering how you ever started a relationship in the first place. Did she wear gloves?

If she really doesn't get how unattractive they are to you, you might try to be more honest with her. (Hint: A diplomatic "I have trouble getting past the length of your nails sometimes" is much bet-

ter than "You sicken me.")

But let's do a reality check about this relationship. The wording of your letter is telling. You didn't ask me how you can learn to live with the talons of the woman you're madly in love with. Instead, you stated that you can't imagine being with her if the nails aren't cut. Honestly? Sounds like Nails: 1, Strength of Your Couplehood: 0.



**By Dr. Andrea Bonior**

**@** Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([friendshipfix.com](http://friendshipfix.com)).

### Event Horizon

## Really Veg Out

If you can't stomach another hot dog or rack of ribs this summer, head over to a nonmeat meet-up at the Whole Foods Market in Foggy Bottom (2201 I St. NW; [Wholefoodsmarket.com/stores/foggybottom](http://Wholefoodsmarket.com/stores/foggybottom)). On Thursday at 6 p.m., the supermarket will host a free vegetarian cooking class to teach attendees how to whip up something special. Reserve your spot by emailing [rachel.morris@wholefoods.com](mailto:rachel.morris@wholefoods.com).



# Look Before They Leap

Olympic divers honed their twists and flips at a training camp held at a Maryland aquatic center

The U.S. Olympic diving team has made a splash in London, earning its first medals in more than a decade. Maybe that's because the team has a not-so-secret weapon this year: the Kennedy Shriver Aquatic Center in North Bethesda.

That's where the 11 athletes gathered for their training camp three weeks ago. And although the impossibly toned group proved they can flip their bodies in a million ways before landing in the water with barely a ripple, they demonstrated only a fraction of the hard work that got them there.

"If practice starts at 9, I'm there at 7:15," said Katie Bell, 24, who competes in the 10-meter platform dive. Her

warmup includes jumping rope, arm circles, lunges and heel raises.

**3** The number of medals the U.S. Olympic diving team has won so far at the London Olympic Games, ending a 12-year drought. The key to a dive is leg strength, which determines how much height you can get, but Bell makes sure not to ignore her upper body. "If I hit the water the wrong way, and my arms collapse, I could get injured," said Bell, who does handstand pushups to strengthen her arms.

For her abs, she performs a hollow hold, which is the reverse of a plank. She lies down on her back, then lifts her chest, arms and legs off the floor. She adds alternating leg kicks for more core work. "You start sweating," Bell said. "If you're not, you're not doing it right."

Because diving is, for the most part, an individual sport, each athlete has a slightly different approach to training. So while Bell and most of the rest of the team gathered on the pool deck to prep, co-captain Chris Colwill went outside to do running drills on a nearby basketball court. He shuffled his feet, jogged backward and, every once in a



DOUG KAPUSTIN/FTWP



Chris Colwill (left) twists in the air at the Kennedy Shriver Aquatic Center in North Bethesda. Katie Bell (above) waits for her turn on a platform while watching the synchro team of Nick McCrory and David Boudia.

while, jumped up to the hoop to hang for a few seconds. "I like warming up outside and that sense of freedom away from everything," said the 27-year-old, who's taking part in his second Olympic Games in the 3-meter springboard.

Jumping, or plyometrics, is a key part of the divers' training. Kelci Bryant, a 5-foot-4 synchro competitor who won a silver medal last week, said she regularly hops up on boxes that are 4 feet high. "A lot of that is because I was blessed with a lot of fast-twitch muscle fibers," the 23-year-old said.

Another part might be her coach's strategy for training whenever she's in a facility without a weight room: He sits on her shoulders, and she squats all 155 pounds of him for three sets of 10.

This kind of training results in more than just impressive twists and somersaults — there's plenty of soreness, too. "Recovery is something I've been learning about this year," said Brittany

Viola, 25, as she got a massage after practice. The 10-meter competitor pursues other forms of therapy, including meditation, reading Scripture and journaling. "I like to visualize things and then release them," she said.

Colwill's technique for handling pressure is to develop a pattern at every meet. "It was a recommendation from a sports psychiatrist to do that and focus on what's in front of me. So I have my bag in a certain spot, I walk around a certain chair, I do the same warmup and then I get back on the diving board," he said.

That way he won't flip out — at least, not until he's supposed to.

VICKY HALLETT (EXPRESS)

## Jump In

The U.S. diving team has three more chances to medal.

### Tuesday

Chris Colwill and four-time Olympian Troy Dumais take on the men's 3-meter springboard.

### Thursday

Katie Bell and Brittany Viola make their Olympic debut in the women's 10-meter platform.

### Saturday

Synchro medalists David Boudia and Nick McCrory try the men's 10-meter platform individually.

## Dive Into the Future

No divers from the Washington region are competing in the 2012 Olympics. But it could be different in 2016, thanks to the training camp, said Doug Beavers, who as program director for the Montgomery Dive Club helped bring the team to the area.

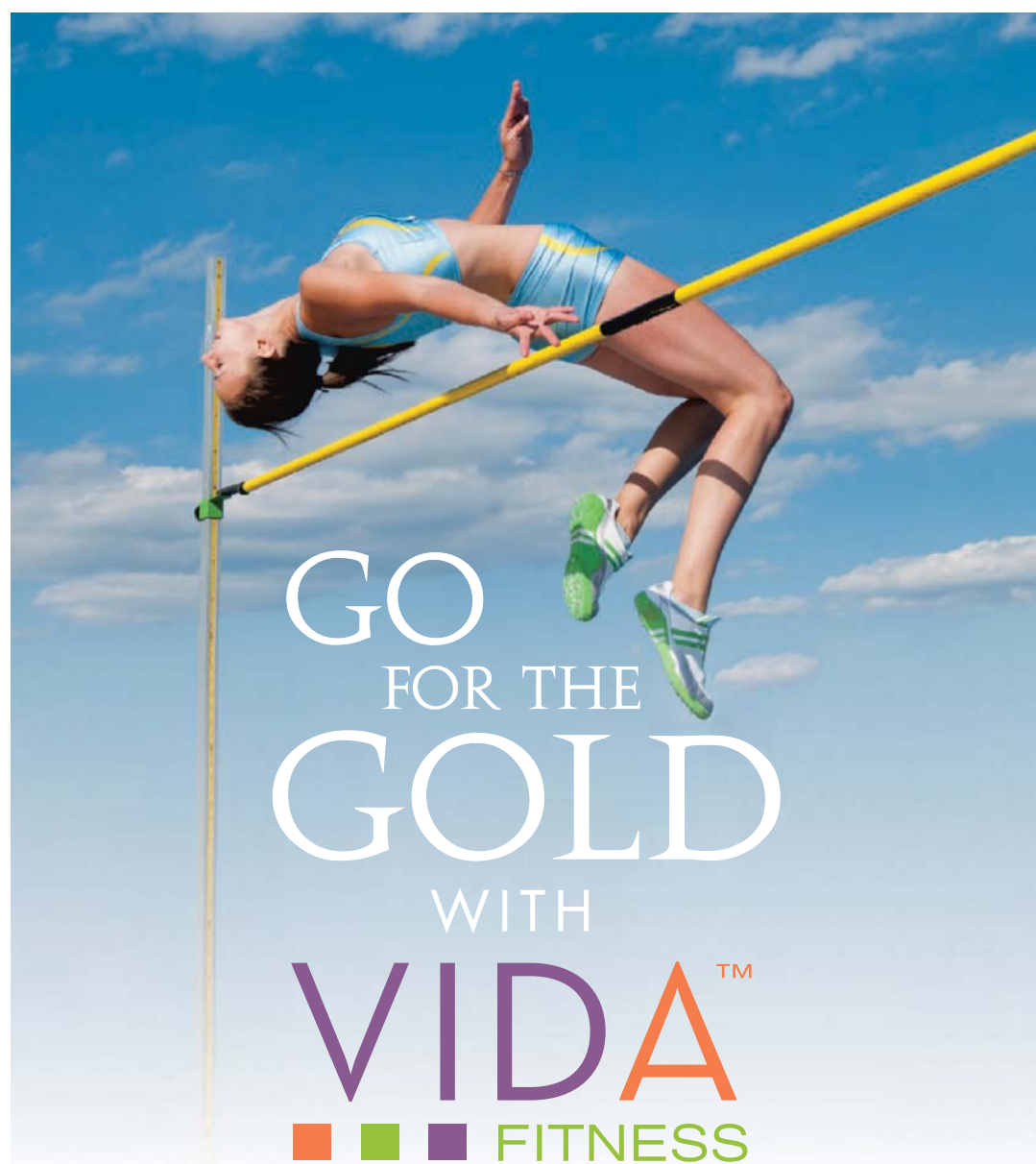
In addition to aquatic facilities, the Olympians required a place packed with mats and trampolines so they could practice flips before getting in the water. So Beavers worked out a private-public partnership with Montgomery County to turn rarely used racquetball courts into a dry land training area just in time for the camp.

Although the driving purpose behind this renovation is to provide better training for divers, there will be opportunities for everyone else to use it, too. Beavers hopes to schedule classes this fall in tumbling, martial arts and yoga. (V.H.)



**"If I hit the water the wrong way, and my arms collapse, I could get injured."**

— KATIE BELL, 24-YEAR-OLD DIVER COMPETING IN THE 10-METER PLATFORM EVENT



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# The Best Parts Of the Olympics

Borrow five exercise secrets from the top bodies on Team USA



## A Volleyball Player's Shoulders

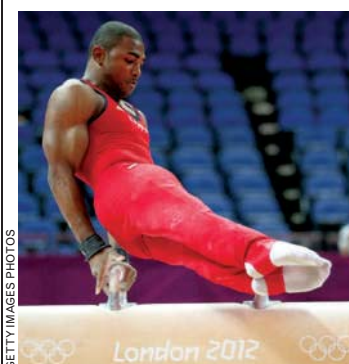
Beach volleyball player **Jake Gibb**, above, is a fan of the "Y, T, W." Lie chest-down on an exercise ball (or a flat bench) with a 5-pound dumbbell in each hand. Extend your arms toward the floor, your palms facing each other. Use your arms to form a "Y" above your head. Do 10 reps. Then form a "T" with your arms outstretched to your sides. Do 10 reps. Finally, form a "W" bending at the elbows. Do 10 reps.



## A Sprinter's Arms

When **Tyson Gay**, above, does dumbbell arm swings before a race, his arms are more open, which allows him to take bigger steps. Put your left foot about 3 feet in front of your right so you're in a staggered stance. Hold dumbbells at your sides. With your elbows bent at 90 degrees,

drive your arms forward and back, as if you're running with your upper body. Repeat for 20 seconds. That's one set. Do three sets, switching the lead leg each set.



## A Gymnast's Abs

**John Orozco's** (above) core move is the V Up. Lie flat on your back with your legs straight and arms extended above the top of your head. Raise your shoulders off the ground to form a "V" position, lifting your torso and legs as if you're trying to touch your toes. Then lower your body back to the start. Hold each for 30 seconds. That's one set. Orozco does 30 sets.

## A Cyclist's Quads

To get quads like **Timmy Duggan's**, you'd better box jump. Stand in front of a box that's high enough so you have to jump with effort in order to land on top of it. Stand with your feet shoulder-width apart. Jump up onto the box with a soft landing. Step down and reset your feet. See how many you can do in 30 seconds.

## A Fencer's Calves

Calf raises help propel **Tim Morehouse's** lunges. Place a small block on the floor. Place the balls of both feet on the block, about hip-width apart, with your heels hanging off the back of the block. Simultaneously drive your heels up and then lower them below the edge of the block. That's one rep. Do three sets of 20.

CRISTINA GOYANES (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



# The New Phelps Diet

Swimmer is paying more attention to what goes in his body

During the 2008 Olympics in Beijing, Michael Phelps put up big numbers. Eight. That's how many gold medals he won — an all-time record. And 12,000. That's the number of calories he ate every day — also, we hope, an all-time record.

And while he returned last week to his old Olympic ways, bringing home four golds and two silvers, he didn't put down anywhere near the amount of food he used to.

"My main goal used to be to just eat a ton of calories," he says. "Now I'm eating less, but I'm getting my calories from nutrient- and protein-dense foods."

Translation: No more pounding pizzas and chasing them with milkshakes. He still eats way more than the average guy would ever need, but his food focus has changed.

Consider breakfast. The New York Post reported that Phelps, revving up for Beijing, would wake up to three fried-egg sandwiches with cheese, lettuce, tomatoes, fried onions and mayonnaise; a five-egg

omelet; a bowl of grits; three slices of French toast with powdered sugar; three chocolate-chip pancakes; and two cups of coffee.

As he prepared for London, breakfast looked more like this: one large bowl of oatmeal, a large omelet with ham and cheese, fresh fruit and coffee.

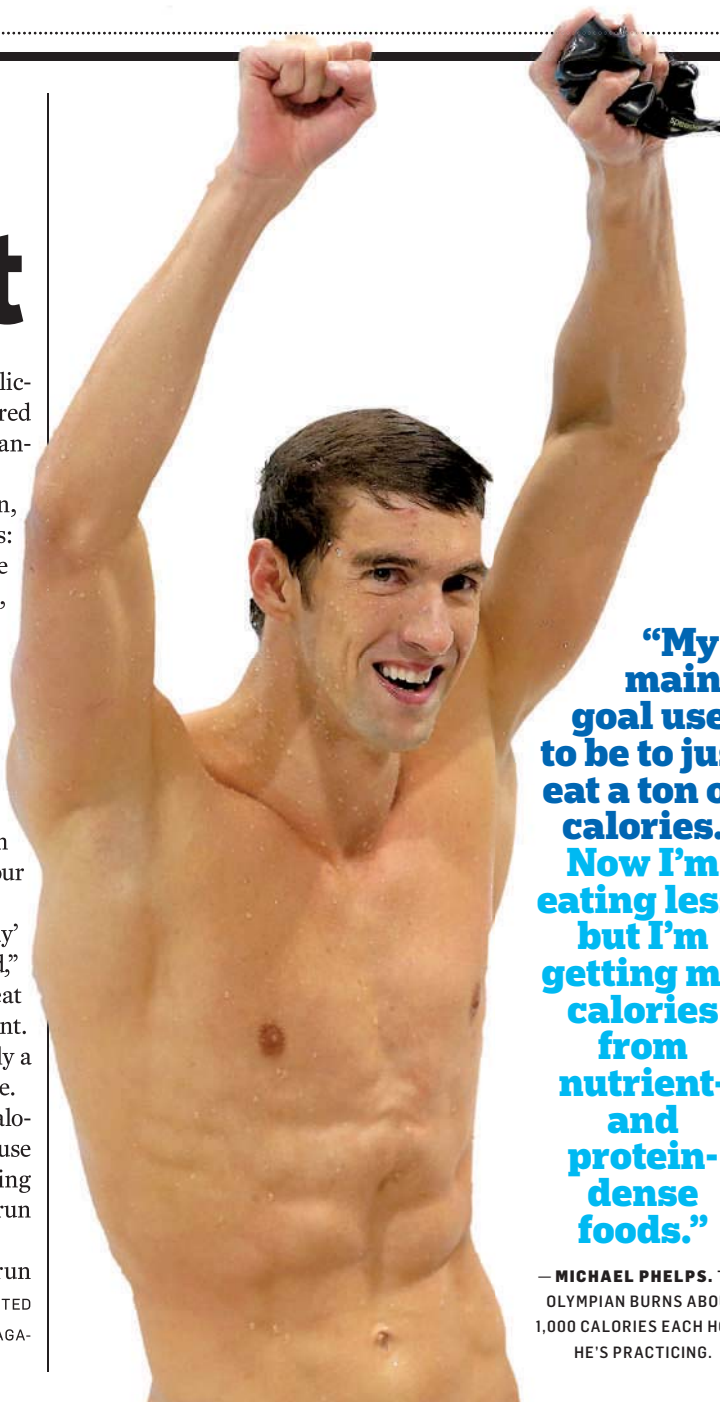
Lunch is typically a 1,000-calorie footlong Meatball Marinara sub from Subway, while dinner is a plate (or two) filled with whole grains, lean meats and fresh vegetables.

So what can you learn from his meal makeovers? Get over your preconceptions.

"I used to think that 'healthy' meant that it wouldn't taste good," says Phelps, who will likely eat fewer calories in his retirement. The reality? There are probably a bunch of healthy foods you like.

Second: Cleaner, healthier calories are easier for your body to use as fuel, he says. "It's like putting higher octane fuel in a car — I run better when I eat better."

And he had a pretty good run in London. MICHAEL EASTER (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



**"My main goal used to be to just eat a ton of calories. Now I'm eating less, but I'm getting my calories from nutrient- and protein-dense foods."**

— MICHAEL PHELPS. THE OLYMPIAN BURNS ABOUT 1,000 CALORIES EACH HOUR HE'S PRACTICING.

## Recipe File

MATTHEW MEAD/AP



### CUCUMBER, WATERMELON AND MANGO SALAD

#### Ingredients

- 2 cups peeled, seeded and chopped cucumber
- 2 cups diced watermelon
- 2 cups diced fresh mango
- 3 tablespoons chopped fresh mint, plus whole leaves
- 1 red chili, thinly sliced
- 1 green chili, thinly sliced
- 1 tablespoon fish sauce
- 1 tablespoon mirin
- 1/3 cup olive oil

#### Makes Six Servings

In a large bowl, combine the cucumber, watermelon, mango, chopped mint and red and green chilies. Mix gently.

In a measuring cup, whisk together the fish sauce, mirin and olive oil. Drizzle over the salad, then mix gently. Season with salt and pepper. Serve garnished with mint leaves. (AP)

**#** 170 calories; 110 calories from fat (65 percent of total calories); 12 g fat (1.5 g saturated; 0 g trans fats); 0 mg cholesterol; 17 g carbohydrate; 1 g protein; 2 g fiber; 320 mg sodium.

**Against the Grain** A new study published in the American Journal of Gastroenterology suggests that 1.4 million people with celiac disease, the condition that makes digesting gluten dangerous, don't realize it. The research also found that 1.6 million people who are eating gluten-free diets haven't been diagnosed with celiac disease and might be just fine eating wheat, rye and barley. (EXPRESS)

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If you have had a stroke and have a diagnosis of aphasia, please contact Drs. Yasmeen Farooqi-Shah or Robert Slevc, at

**301-405-2477**

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**aphasia@umd.edu.**





# lookout



**Father Knows Best**  
Levi Johnston says he wants custody of his son, Tripp Palin **35**

## Sound Bets



## Sound Foundation

**I've created my own** dream house. No, I haven't built a mansion, or even kept tidy a 1948 brick Cape Cod.

But I usually manage to keep music playing in our home almost continually, inspired in part by the "Dream House" concept conceived by minimalist composer La Monte Young and artist Mar-



ian Zazeela. The original "Dream House" idea was conceived in the early '60s as a light-and-sound installation designed for musicians to live and create in 24 hours

a day; it has since been revived in various forms (like the one pictured above). Where Young uses self-created drone sounds and imagery to create an otherworldly domicile, I enact a poor man's version: radios tuned to classical 90.9 WETA-FM and some indirect lighting. Often the volume is low, causing the instruments to blend into the house's ambient noise, which evokes the "furniture music" theory coined by French composer Erik Satie in 1917. But the sounds are loud enough to provide a blissful welcoming to any room where I forgot the music was playing.

Brian Eno's 1975 masterpiece "Discreet Music" was also inspired by this sort of half-listening, half-dreaming engagement with sound. I'm just happy to have a chill abode.

Read Christopher's previous columns at: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)



# Making It Up As He Goes

Host Scott Aukerman keeps it loose with 'Comedy Bang! Bang!'

## Comedy

What's a "Comedy Bang! Bang!"? Los Angeles comedians know it as a perennially sold-out stand-up showcase at the Upright Citizens Brigade Theater. Comedy nerds will tell you it's one of the most popular comedy podcasts. And IFC viewers know it as a wacky, "Pee-wee's Playhouse"-style talk show.

"Comedy Bang! Bang!" is all of the above, and now it's going on tour — with creator Scott Aukerman at the wheel. Since the former "Mr. Show" writer created "Comedy Bang! Bang!" as a stand-up show 10 years ago, it has slowly morphed into his own personal brand.

Ahead of a show at D.C.'s Howard Theatre on Wednesday, here's a primer on the "Comedy Bang! Bang!" world. RUDI GREENBERG (EXPRESS)

**The Podcast** "Comedy Bang! Bang! The Podcast" began as a radio show in 2009, and last year, the weekly show hit 10 million downloads. Each episode is framed around a celebrity interview (guests have included Jon Hamm, David Cross and Paul Rudd), but because of Aukerman's "open-door policy," anyone can show up and derail things. Most of the time, it's one of Aukerman's comedian friends in character, such as Paul F. Tompkins as Buddy "Cake Boss" Valastro, James Adomian as Jesse Ventura or Andy Daly as demented theater director Don Dimello. The podcast is completely unscripted, with games that give it some semblance of structure. Someone like "Patton [Oswalt] is on my show often because he likes to do what we do," Aukerman says. "He wants to sit there and not talk about himself and be really funny."

**The TV Show** Since its debut in June, the IFC version of "Comedy Bang! Bang!" has brought the spirit of the podcast to TV, adding scripted sketches (a la "Mr. Show") and visual elements. Aukerman says his bizarre take on the talk show format (with Reggie Watts as the house band) exists in "a parallel universe" to the podcast; there are subtle nods for longtime fans, but knowledge of the podcast isn't required. "I didn't want anyone to feel like they need to know anything, or have any inside information," Aukerman says. Fans of Zach Galifianakis' *Funny or Die* series "Between Two Ferns," which Aukerman directed, will notice a similarly dry aesthetic. As on the podcast, Aukerman's interviews are unscripted, giving such guests as Amy Poehler, above; Seth Rogen; and, in Friday's first-season finale, *Tenacious D*, a chance to flex their improv muscles.

**"I didn't want anyone to feel like they need to know anything, or have any inside information."**

— SCOTT AUKERMAN, ON BRINGING "COMEDY BANG! BANG!" TO TELEVISION

**The Live Tour** Aukerman's first-ever tour wraps up in Vancouver on Friday. "The live show [tries] to be the best of each kind of facet of the 'Comedy Bang! Bang!' brand," Aukerman says. That means stand-up comedy, scripted bits, clips from the TV show and an improvised podcast taping. In D.C., he'll be joined by "Tim and Eric Awesome Show, Great Job!" co-creator Tim Heidecker and ace impressionist James Adomian. The highlight of each show is the podcast taping, with different guests in each city.



Tim Heidecker, left, is one of the guests on the "Comedy Bang! Bang!" live tour.

Aukerman joked that Adomian — who can do characters as far-ranging as Christopher Hitchens, Paul Giamatti and American Apparel's Dov Charney — would spin a wheel to determine who he'll play each night. Aukerman's podcasting network, Earwolf, is selling the podcast portion of each live performance (\$2.99, or \$25 for all 14 shows). "People can feel like they're following us on tour, a lot like if we were Phish or the Grateful Dead," Aukerman says.

● **The Howard Theatre, 620 T St. NW; Wed., 8 p.m., \$25; 202-803-2899, [Thehowardtheatre.com](http://Thehowardtheatre.com). (Shaw)**



# Mad About Love



London-based singer Lianne La Havas wrote or co-wrote nearly every song on her debut album.

Lianne La Havas tells of a broken heart on a breathtaking debut

## Album Review

"You broke me, and taught me to truly hate myself," Lianne La Havas sings on the airy song "Lost & Found." "Unfold me, and teach me how to be like somebody else."



### Is Your Love Big Enough?

Lianne La Havas

It's a particularly dark and heavy hook, leaving the listener to wonder what kind of relationship the singer had been in. But La Havas, the 22-year-old London newcomer, takes

## Track to Try



**"NO ROOM FOR DOUBT":** Willy Mason, above, the American singer-songwriter who is the album's only guest, finds his deep, haunting vocals blending nicely with Lianne La Havas' tone on this cool track. (AP)

the song to even greater heights thanks her husky vocals, which makes "Lost & Found" not just amazing, but earth-shattering.

And there are more stunning songs like it on her debut album, "Is Your Love Big Enough?"

Through layered vocals on

"Don't Wake Me Up," La Havas sounds like a mad woman singing about her "only love" and "only counterpart." Then there's the line: "They say some things are better left unsaid, but I'd take my life to stay in your bed."

The lyrics shine throughout her outstanding debut, finding their way into songs that blend elements of pop, soul and folk. On most songs, she's cooing about lost love, sounding scorned, or ready to move on. On a few, she's happy, such as on "Age," a tune about falling for a man "old enough to be my father."

La Havas wrote or co-wrote all of the songs with the exception of the Scott Matthews cover "Elusive."

What she has crafted is not just one of the year's best debuts but one of the year's best albums.

MESFIN FEKADU (AP)

WARNER BROS.

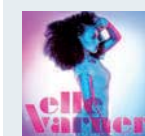
# Varner Comes Close to Perfect

The R&B songstress' 'Perfectly Imperfect' exudes confidence

## Album Review

Elle Varner's debut album is titled "Perfectly Imperfect," but she should have called it "Perfect." The newcomer's 11-track set is pure excellence, full of R&B gems that are silky, smooth and jamming.

Her voice — raspy at times, soft at others — is the focal point of the album as it glides over songs and adapts to the different beats, which



### Perfectly Imperfect

Elle Varner

include hip-hop ("I Don't Care"), funk-soul ("So Fly") and contemporary R&B ("Welcome Home").

"Stop the Clock" is flavorful and addictive, thanks to its dramatic beat and the sound of handclapping dominating the chorus.

Varner's father, Jimmy Varner, co-writes and produces some of the tracks, and her mother, Mike-lyn Roderick, works as a vocal producer and background singer. Var-



Elle Varner's mom and dad helped produce her debut record, "Perfectly Imperfect."

er, a graduate of Clive Davis' music school at New York University, co-wrote each song, and she's got a skill with the pen.

On "Not Tonight," she's magically vulnerable, singing about being too scared to approach a man she's interested in. Varner is exposed on "So Fly," a perky outtake about being insecure about her weight and image. On the song, the big-haired, hipster-looking Varner — in a beautiful tone — asks: "How can I ever compete with 34 Double D's?"

With that voice, and with this album. MESFIN FEKADU (AP)

## Today's Top Stops

COMPILED BY FIONA ZUBLIN

CATHERINE ASHMORE/NATIONAL THEATRE



## 1 Playing God

While it seems ridiculous to watch a play on a screen — just make a movie! — the Shakespeare Theatre's practice of bringing filmed theater productions to a big screen is a great way to see far-flung shows. This week it's "Frankenstein," a two-man version starring Benedict Cumberbatch of "Sherlock." **Shakespeare Theatre's Harman Hall, 610 F St. NW; Tue., Sun. and Mon., 7:30 p.m., \$20; 202-547-1122, Shakespearetheatre.org. (Gallery Place)**

## 2 Brass Band (and Knuckles)

At various points in history, ska comes back into musical fashion. You've got your O.G. '50s and '60s Jamaican ska, your '70s British ska, your '80s and '90s American rude-boy/hardcore blends, plus everything No Doubt ever did. But the Bosstones led the pack for East Coast ska punk, taking it platinum with their 1997 single "The Impression That I Get." **9:30 Club, 815 V St. NW; Tue., 7 p.m., \$30; 202-265-0930, 930.com. (U Street)**

## 3 Stand Up and Celebrate

Mike Birbiglia started his comedy career as the doorman at the DC Improv, so it's no wonder he's back to celebrate the club's 20th anniversary. Birbiglia is currently touring his new stage show, "My Girlfriend's Boyfriend," but at the Improv, he'll do a traditional stand-up set. **DC Improv, 1140 Connecticut Ave. NW; Tues.-Thu., Sold out, except Wed., 10:30 p.m., \$30; 202-296-7008, Dcimprov.com. (Farragut North)**

# lookout TV tonight

## Best Bets

CW  
9:00



### The L.A. Complex

Connor (Jonathan Patrick Moore, left) faces a tough decision. Kaldrick visits his father. Raquel's ego suffers a blow. Abbie wants to make friends with a co-star. Tired of Sabrina's pranks, Nick tries to turn the tables on her. Beth's mouth lands her in trouble.

LIFE  
9:00

**Dance Moms** Jill pulls out all the stops to get Kendall chosen to replace Paige, who's sidelined with a broken foot. Later, Kelly learns that her other dancing daughter, Brooke, is having back pain.

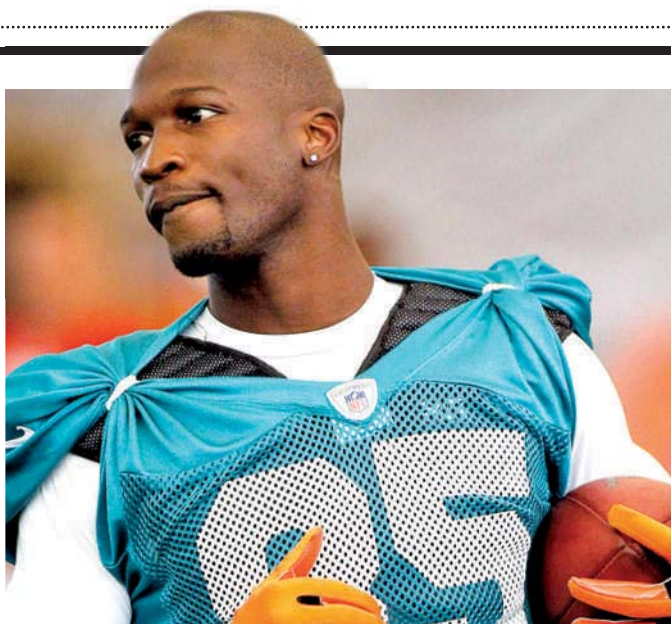
BRAVO  
10:00

**Love Broker** Lori, right, challenges a client's belief that he can know if a woman is for him the moment he meets her. Another client has quit his day job to become a music producer, and Lori looks to her own circle of friends for someone who's OK with a man in transition.



FOOD  
10:00

**Chopped** In the second round, the competing chefs' failure to make better use of a special ingredient disappoints the judges. For dessert, those remaining need to create something unique from caramel corn. (TRIBUNE MEDIA)



TERRY RENNA/AP

HARD KNOCKS: TRAINING CAMP WITH THE MIAMI DOLPHINS

## Ready for Some Football?

HBO  
10:00

After skipping last season because of the lockout, NFL Films and HBO's "Hard Knocks" return to follow the Miami Dolphins. Coming off three straight losing seasons, the Dolphins aren't exactly world-beaters. With a new head coach in Joe Philbin, a new quarterback in first-round draft pick Ryan Tannehill and a new center of attention in wide receiver Chad Johnson, above, there should be enough storylines to hold interest. (TM)

## Reality



### Major Movers

The cutthroat world of heavy-duty movers is the subject of "Shipping Wars" (9 p.m., A&E), returning for a new season tonight with back-to-back episodes. The series follows Marc Singer, above; Roy Garber; and several other independent contractors who specialize in shipping items that traditional carriers won't touch. Last season, those included boats, trucks, enormous sculptures and a giant Venus flytrap for a production of "Little Shop of Horrors." (TM)

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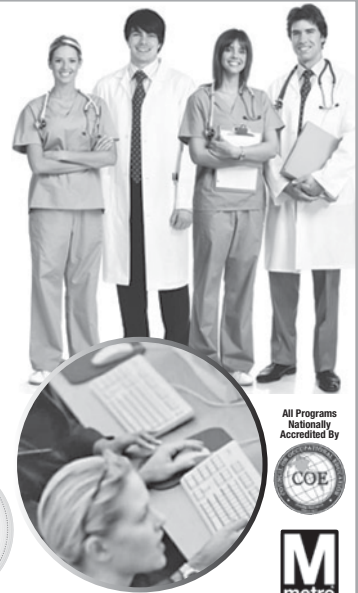
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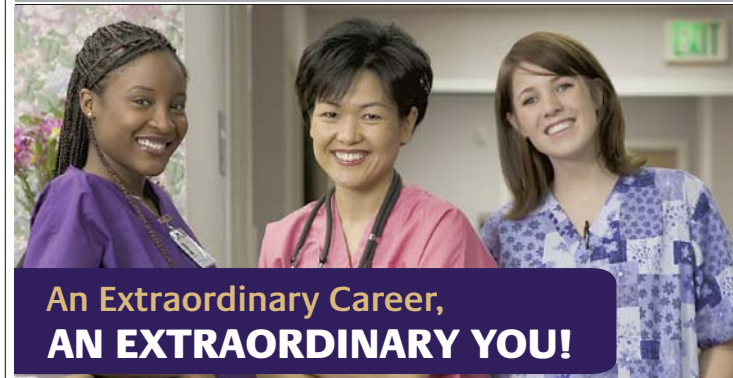


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While we're busy putting the finishing touches on our elegant new entrance, gardens & hallways, our completely re-done apartment homes are all polished up and ready for occupancy.

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## DC RENTALS

## DC RENTALS

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summer special

Jump into your new home with one month rent FREE\* and hot deals!  
**Call Today! 855-307-8182**

**2 Bed/ 1 Bath** ~~\$1,050~~ **\$950\***    **3 Bed/ 1 Bath** ~~\$1,250~~ **\$1,100\***

118 Galveston Street SW • Washington, DC  
 855-307-8182 • [www.LiveAtEnclavePark.com](http://www.LiveAtEnclavePark.com)  
[EnclaveParkApartments@newhome1.com](mailto:EnclaveParkApartments@newhome1.com)

\*Select units only. Offer is subject to change.



## DC RENTALS

## DC RENTALS

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**Anacostia Gardens**  
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**\$100 VISA GIFT CARD\***

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W/W carpet, CAC/1 Air/Heat,  
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**EFFICIENCY \$700**

1BR fr. \$775 2 BR fr \$870

\*See or call Consultant for Details  
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 Housing Choice Vouchers Welcome

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**Village at CHESAPEAKE**

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1-BR \$685

2-BR \$769

2-BR (lge) \$914

3-BR \$925

Deposit one Month Rent on approved credit

Call Now For Details **301-277-6610**



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- Spacious floorplans
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• Waived app fees upon approval

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- Private balconies/patios

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## MD RENTALS

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- Walk to Elementary School
- Daycare on Premises
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(Selected Units Only)

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1, 2 & 3 BR APTS.  
HUGE 2 BR  
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Apartments

**1 & 2 Bedroom Apts. from \$830**

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*Move-In Special! 1st Month Rent  
Only \$599 (With a 12 Mo. Lease)*



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- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

Income Qualifications	
# Occupants	Maximum Income
1	\$44,580
2	\$50,940
3	\$57,300
4	\$63,660

Sec. Dep. fr. \$250\*

www.summerridgeapartments.net  
summerridgeleasing@comcast.net

Edgewood \*w/approved credit

**Renovated 1 BR**  
**Starting @ \$995**

All credit considered  
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**\$500 OFF**  
1st Months Rent\*

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Utilities Included!  
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## Amenities

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- Refrigerator in unit
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## Woodland Springs



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## Just Reduced

Standard 1 BR **\$819**  
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On residential street  
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Income restrictions apply.  
Call for more info.



## MD RENTALS

Silver Spring

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Roomy Apts, Walking Distance to  
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1 BR/\$1168 • 2 BR/1 B/\$1350  
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AND TOWER APTS**

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Silver Spring, MD 20904

Text WINDSOR to 29999

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**Studios from \$850**

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SUITLAND

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1 BRs fr \$860  
2 BRs fr \$968

\$30 Application Fee

- Walk to Metro
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- Keyed entry ways
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Maximum income limits apply  
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Bedrooms Starting @ **\$935**

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SUITLAND

### PARKWAY TERRACE

1 BRs fr \$860  
2 BRs fr \$968

\$30 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply  
**877-608-6548**

3415 Parkway Terr. Dr. Suitland, Md.  
Mon-Fri. 9am-6pm. Sat. by app'l. only

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Move-in by 8/1/12 and get up to 1 Month Free +  
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Spacious Penthouse From \$1960\*

- All utilities paid
- No Security Deposit or move-in fees
- Metrobus at front door to Pentagon & Van Dorn Metro
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- Convenient to Pentagon, Shopping & I-395

I-395 to Seminary Rd., West exit to Southern Towers  
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LANDOVER- Furn BR \$150/wk incl all utils. No sec  
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### Shadyside Gardens



1BR \$985  
2BR Special \$949  
3BR \$1,300  
Must Move In By Aug. 15th

#### Amenities

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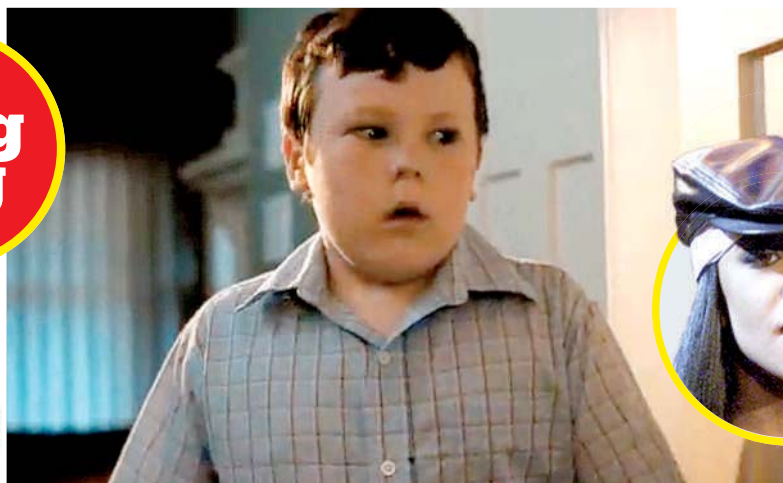


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# lookout online



**Blog  
Log**



YOUTUBE



DAVE K. COOPER

▲  
“Looks like the mercurial Jay Gatsby will remain mysteriously out of reach for a bit longer.”

— **ADAM B. VARY AT INSIDEMOVIES.EW.COM** reacts to news that “The Great Gatsby” movie starring Leonardo DiCaprio has been pushed back to a Summer 2013 release. It was scheduled to come out this Christmas.

▲  
“Ragu dared to go there. In its new commercial for pasta sauce, a young boy walks into his parents room without knocking. Need we say more?”

— **SAM RO AT BUSINESSINSIDER.COM** thought that the new advertisement that aired during the Olympics was genius. At the end, the narrator says, “A long day of childhood calls for America’s favorite pasta sauce.”

▲  
“OK, so now that we’re all assuming Drake is indeed executive-producing a posthumous Aaliyah album, guess what time it is? It’s time to get super-psyched or super-pissed off that Drake is executive producing a posthumous Aaliyah album!”

— **AMOS BARSHAD AT GRANTLAND.COM** playfully gins up controversy after the Canadian recording artist released “Enough Said,” a track credited to Aaliyah that features both of them.

▲  
“Where does a Popsicle ranking rank on the list of best rankings?”

— **COMMENTER “CARDOZOMITE” AT DCIST.COM** reacts to news that Food & Wine magazine ranked Pleasant Pops, the Mount Pleasant-based food truck that serves locally sourced Mexican-style paletas, on its “Best Popsicles” list.

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# puzzles lookout

## Horoscope

**LEO** (July 23-Aug. 22) You may have to wait longer than expected to get something started with a friend or loved one. You can use the time wisely.

**VIRGO** (Aug. 23-Sept. 22) When it's time, it's time, and there's nothing you can do about it otherwise. You must be sure to be fully prepared when the time comes!

**LIBRA** (Sept. 23-Oct. 22) You may not enjoy what you get yourself into today, but you aren't going to be able to resist accepting a certain challenge from a friend.

**SCORPIO** (Oct. 23-Nov. 21) Yes, it's up to you to see that others behave themselves – which means, of course, that you have to behave yourself as well.

**SAGITTARIUS** (Nov. 22-Dec. 21) You may get nervous when the clock is ticking down, but if you do enough work ahead of time you should be able to come through.

**CAPRICORN** (Dec. 22-Jan. 19) You'll receive an invitation that you wish you could accept – but certain pressing issues will keep you from joining in.

**AQUARIUS** (Jan. 20-Feb. 18) You may be astonished to discover what you've been missing, as others today take part in something exciting and rewarding.

**PISCES** (Feb. 19-March 20) You can get a great deal of timely inspiration simply by looking around. You can draw much use from everyday items.

**ARIES** (March 21-April 19) You may have to give in to the pressure another is exerting on you at this time. What do you have to lose? In fact, there is something to gain.

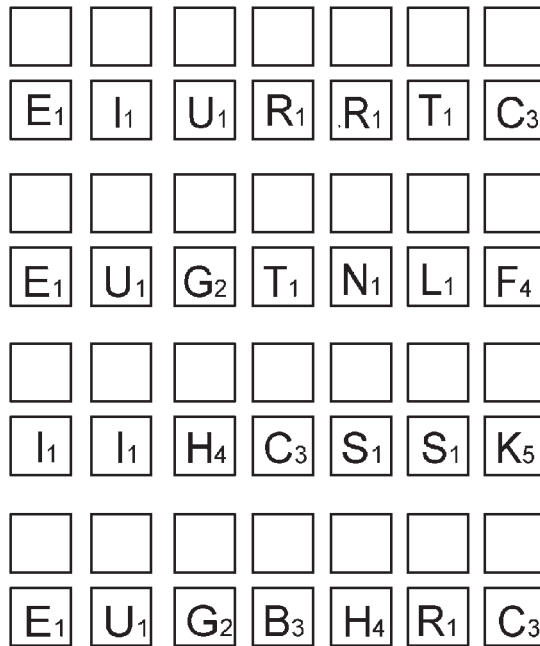
**TAURUS** (April 20-May 20) Your easy-going manner will serve you well today – and others, too, especially when you step in to settle an argument that is not your own.

**GEMINI** (May 21-June 20) It's time for you to express your own desires as directly as possible. The roundabout way is not for you – say it as honestly as you can.

**CANCER** (June 21-July 22) You may not want to tend to every piece of business that is on the docket, but if you leave something for another, it may not be done well.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 232



RACK 1



RACK 2



RACK 3



RACK 4

3rd Letter Double

Triple Word Score

### Yesterday's Solution

G <sub>2</sub>	U <sub>1</sub>	N <sub>1</sub>	F <sub>4</sub>	I <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	RACK 1 =	83
S <sub>1</sub>	Y <sub>4</sub>	N <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	X <sub>8</sub>		RACK 2 =	16
T <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	U <sub>1</sub>	P <sub>3</sub>	RACK 3 =	65
B <sub>3</sub>	R <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	RACK 4 =	61
PAR SCORE 155-165							TOTAL	225

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

7	1	3					9	2	
	9		3	1	2				7
				4					1
	5			7			3	6	2
	2	7		6			1	9	
9	6	8		2				7	
8				5					
5			7	9	8			4	
	7	2					5	8	9

### Yesterday's Solution

1	3	5	7	4	6	2	8	9
4	7	9	8	1	2	5	3	6
8	6	2	9	5	3	7	4	1
6	5	7	3	8	4	1	9	2
2	1	8	6	7	9	4	5	3
3	9	4	1	2	5	8	6	7
5	4	3	2	9	7	6	1	8
7	8	6	5	3	1	9	2	4
9	2	1	4	6	8	3	7	5

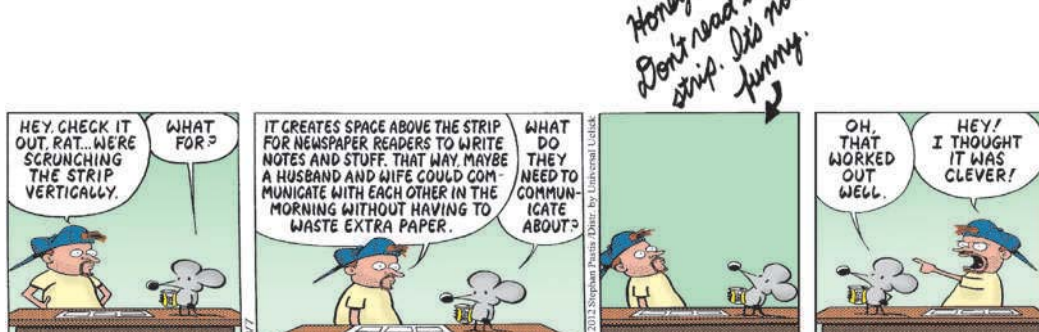
**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**88** **72**

**Today:** Partly sunny and humid today. Increasing cloudiness tonight.

**90** **74**

**Tomorrow:** A shower or thunderstorm in spots tomorrow and tomorrow night.

### Looking Ahead



**THU** **FRI** **SAT**  
**88 | 74** **89 | 70** **84 | 70**

**Sun and Moon**  
Sunrise today: 6:15 a.m.  
Sunset today: 8:12 p.m.  
Moonrise today: 10:55 p.m.  
Moonset today: 11:57 a.m.

**Almanac**  
Normal high: 88  
Record high: 106  
Normal low: 71  
Record low: 53

FORECAST BY ACCUWEATHER.COM ©2012



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**A message from Metro**  
**General Manager Richard Sarles**

At Metro, we feel tremendous pride every time a new bus hits the street or a new escalator opens for the first time. But we also take pride in the things our riders never see, like our frogs and doughnuts.

As you may know, we're in the midst of a \$5 billion rebuild to improve safety and reliability and to make Metro better for our riders. And we're doing so efficiently and economically.

We recently received a progress report on our capital program for the fiscal year's third quarter, which ended March 31. It showed we have invested approximately \$462 million for the year, about half of the projected total.

With a few exceptions, we are meeting our capital goals, from improving rail, to rehabbing escalators, purchasing and repairing buses, making station upgrades and meeting safety requirements. And, yes, we're replacing shock-absorbing rubber pads below the tracks called doughnuts and switch components called frogs.

Years of under-investment has left Metro facing a daunting backlog of maintenance work that can be put off no longer. Our goal is to get caught up and to begin making repairs and improvements at a rate faster than the system declines.

Sometimes, the greatest return on investment comes not from buying new stuff or repairing old stuff, but from improving the processes we use. Investing in things like giant robot-like tie replacers, or seeking out the best transit technologies and business systems can allow us to work smarter, not harder.

I know most of you aren't all that interested in wonky details about No. 8 switches, tie gangs or asset management techniques. You care about a safe, comfortable, on-time ride. We do, too. That's why we sweat the details of this incredibly complex capital improvement plan. We want you to enjoy the comfort of that new bus secure in the knowledge that we're tending to those doughnuts and frogs.



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**lookout puzzles**

**Crossword**

**COMPASS AND SEE ME**

**ACROSS**

- 1 Get-off-drugs facility  
 6 Computer programming language  
 11 D.C. clock setting  
 14 Looking shocked  
 15 Analyze grammatically  
 16 Wonder  
 17 State bordering on Canada  
 19 "Get the point?"  
 20 Reed in music  
 21 Sheep in its second year  
 22 Perfect score, sometimes  
 23 Buffalo's home  
 27 Too proud  
 29 From day \_\_\_\_ (since the start)  
 30 Bass \_\_\_\_ (instrument)  
 32 \_\_\_\_ the Hyena ("Li'l Abner" character)  
 33 Curved letter  
 34 Concluded  
 36 Hindquarters  
 39 Some party snacks  
 41 MacLeod of "Love Boat"  
 43 Surprisingly agile  
 44 Color scheme, curtains, etc.  
 46 Pueblo Indian structures  
 48 252 gallons  
 49 Shaded  
 51 Egg locale  
 52 Lennon's wife  
 53 Grassy plains of Siberia  
 56 Like outcasts  
 58 "\_\_\_\_ gratia artis" (MGM motto)  
 59 \_\_\_\_-Locka, Fla.  
 60 ET's transportation  
 61 Comedian's routine  
 62 It surrounds Lesotho  
 68 Director Ang or Spike  
 69 Bud Grace comic strip  
 70 Peach State university  
 71 Write down the wrong answer, e.g.  
 72 Place for a witness  
 73 "Divine Comedy" writer

**DOWN**

- 1 Got ruined in the wash

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
				20				21				22		
23	24	25				26		27			28			
29				30			31		32					
33				34				35		36			37	38
39			40		41				42		43			
44				45		46				47		48		
		49			50		51					52		
53	54					55		56			57			
58					59				60					
61					62			63	64			65	66	67
68					69					70				
71					72					73				

EDITED BY TIMOTHY E. PARKER

- 2 Feature of many a prima donna  
 3 Belly-laugh sound  
 4 In an appropriate way  
 5 Serve well  
 6 Audit rep  
 7 Source of acorns  
 8 Chicken soup, for the most part  
 9 Pertaining to bone  
 10 "Little" or "major" follower  
 11 City in W. Mass., ironically  
 12 Like many kids' cereals  
 13 Itsy-bitsy  
 18 In the course of  
 23 "... with \_\_\_\_ in sight"  
 24 Occur as a result  
 25 City in SE Pa., ironically  
 26 Big name in cameras

- 28 African beasts with curved horns  
 31 "Rosemary's Baby" author Ira  
 35 Plunges into water  
 37 Danish fruit?  
 38 Meeting of the rite people?  
 40 "Du jour" item  
 42 City on the Merrimack River  
 45 Peaceful states  
 47 Can't eat another bite  
 50 Banish an immigrant  
 53 Expensive fur  
 54 Judge, at times  
 55 Perspiration-inducing bathhouse  
 57 Oscar winner "\_\_\_\_ Rae"  
 63 \_\_\_\_ Pan Alley

- 64 "\_\_\_\_ give you the shirt off his back!"  
 65 Particle accelerator particle  
 66 PC monitor of old  
 67 Yes vote

**Yesterday's Solution**

1	D	A	S	H	6	S	A	K	I	9	L	U	L	S
14	S	L	E		15	E	L	A	N	18	A	V	A	I
17	S	H	I	M	20	W	I	T	S	23	K	E	N	N
26	M	A	D	E	21	I	N	T	H	E	S	H	A	D
29	A	M	E	N	S	32	Y	A	H	35	L	A	T	H
32	Y	E	S	33	R	E	D	36	M	E	D	37	A	T
39														
42	P	I	E	I	N	T	H	E	S	K	Y			
45	R	I	S	K	I	48	Y	49	A	U	52	A	43	R
55	E	M	S	56	E	A	U	59	R	E	A	N		
62	B	A	C	K	I	N	T	H	E	B	L	A	C	K
65	A	R	B	O	R	68	K	E	E	L	71	A	B	E
74	D	E	L	H	I	77	E	R	A	S	80	T	I	R
83	O	L	E	O	S	86	E	I	R	E	89	E	A	S

**Today in History**

**1782** Gen. George Washington creates the Order of the Purple Heart to recognize merit in enlisted men and non-commissioned officers.

**1882** The feud between the Hatfields of West Virginia and the McCoy's of Kentucky erupts in violence.

**1998** Terrorist bombs at U.S. embassies in Kenya and Tanzania kill 224 people, including 12 Americans.

**express**



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### QUITTING 'America Didn't Have Any Talent Anyway'

Sharon Osbourne is leaving "America's Got Talent." She told the New York Post that NBC fired her son, Jack Osbourne, from the reality show "Stars Earn Stripes" because he suffers from multiple sclerosis. "I just can't be fake," she told the Post. "It's discrimination, and it was badly handled." She is contractually obligated to not appear on another network for five years. (EXPRESS)

### REAL ESTATE

#### 18th-Hole Adjacency Has Unforeseen Drawbacks

Kevin Federline, ex-husband of Britney Spears, is being sued by a former landlord, TMZ.com reported. Joseph Malek says Federline damaged a mansion he rented from Malek in 2008. Federline's camp attributed the damage to "normal wear and tear" and "golf balls hitting the property" and said Federline let Malek keep the security deposit. (EXPRESS)



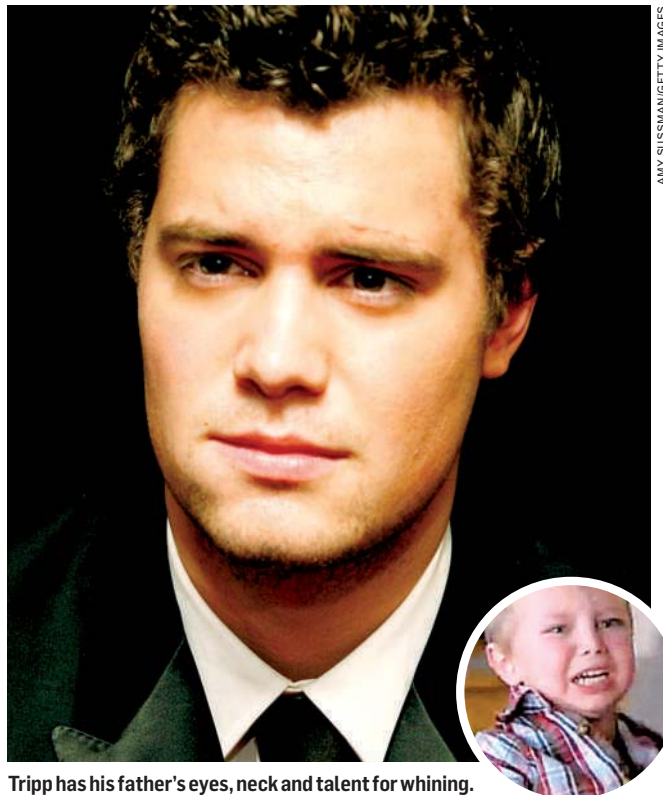
The target-themed exterior of K-Fed's home proved irresistible for golfers.



### EXCUSES

#### She Was Auditioning for 'Rear-Ended by the Stars'

Amanda Bynes rear-ended a car Saturday and failed to leave her contact information with the driver, who filed a police report, TMZ has reported. The driver told TMZ she recognized Bynes, who seemed nervous about exchanging information. Bynes was accused of two hit-and-run incidents in May and was arrested on suspicion of DUI in April. (EXPRESS)



Tripp has his father's eyes, neck and talent for whining.

### CUSTODY

#### Levi Demands His Own Chance to Ruin Tripp

Levi Johnston, father of Bristol Palin's son, Tripp, told TMZ.com that he wants full custody of the boy. Johnston alleged that Tripp is getting "no real parenting" and "deserves a better family." "I love my son more than anything ... and I will do whatever it takes to make sure he is raised the right way," Johnston said. According to TMZ, Johnston has been to the Wasilla, Alaska, courthouse to get the paperwork needed to file for custody. (EXPRESS)

### Singles



#### Must Love Kids, Fundraising, TMZ

Nadya "Octomom" Suleman is auctioning a date with herself on Whatsyourprice.com. According to her profile, her ideal date is "working out or doing something athletic and then having a nice dinner." She also writes that she's been celibate for 14 years, is full of energy, enjoys working out and loves to laugh. (EXPRESS)

**"It was insane. I was so excited. ... For him to take time out of his vacation to do that for me is so sweet and so special."**



— **MISSY FRANKLIN**  
TELLS US WEEKLY  
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SHE WAS TO GET A  
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